

Chicken Caprese

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar to taste
- ☐ 2 beefsteak tomatoes sliced
- ☐ 8 ounce buffalo mozzarella cheese sliced
- ☐ 2 cloves garlic minced
- ☐ 4 servings ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt to taste
- ☐ 4 chicken breast halves boneless skinless

☐ 2 cups pkt spinach

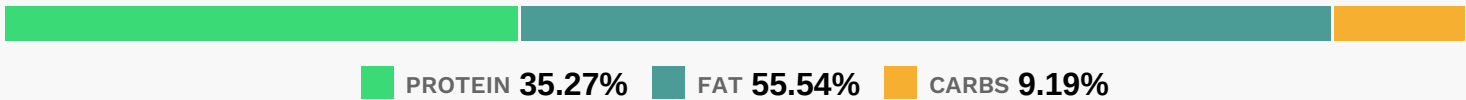
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat olive oil in a large skillet over medium heat. Stir garlic into hot oil and cook until slightly softened, about 2 minutes, stirring often.
- ☐ Add spinach and toss with hot oil and garlic; cover and remove from heat. Set spinach mixture aside to wilt spinach.
- ☐ Heat 3 more tablespoons olive oil in an oven-safe skillet. Cook chicken breasts in hot oil until browned, about 4 minutes per side. Season with salt.
- ☐ Layer 1/4 of the wilted spinach, tomato slices, and mozzarella slices on top of each breast. Season with ground black pepper and drizzle with balsamic vinegar.
- ☐ Bake in preheated oven until cheese has browned and chicken is no longer pink inside, about 15 minutes. An instant-read meat thermometer inserted into the thickest part of a breast should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:29.749130373416%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 417.05kcal (20.85%), Fat: 25.77g (39.64%), Saturated Fat: 9.57g (59.78%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.65g (6.28%), Cholesterol: 115.41mg (38.47%), Sodium: 578.52mg (25.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.82g (73.64%), Calcium: 1306.35mg (130.64%), Vitamin A: 4529.85IU (90.6%), Vitamin K: 92.62µg (88.21%), Vitamin B3: 12.92mg (64.58%), Selenium: 36.53µg (52.18%), Vitamin B6: 1.03mg (51.53%), Vitamin C: 29.33mg (35.55%), Phosphorus: 288.66mg (28.87%), Potassium: 954.09mg (27.26%), Vitamin E: 2.95mg (19.68%), Manganese: 0.39mg (19.44%), Vitamin B5: 1.78mg (17.82%), Magnesium: 60.96mg (15.24%), Folate: 59.18µg (14.8%), Vitamin B2: 0.18mg (10.32%), Vitamin B1: 0.15mg (10%), Fiber: 2.43g (9.71%), Iron: 1.63mg (9.08%), Copper: 0.16mg (7.87%), Zinc: 1.05mg (6.97%), Vitamin B12: 0.23µg (3.77%)