



Chicken Caprese with Tomato-Basil Cream

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon teaspoon basil dried fresh chopped
- ☐ 0.7 cup breadcrumbs soft
- ☐ 4 skinned and boned chicken breast halves
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 slices garnishes: lemon basil sprigs
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 4 servings tomato-basil cream

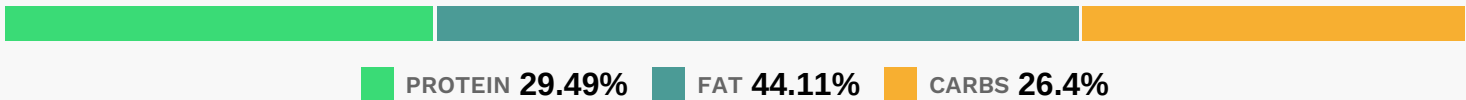
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Stir together first 5 ingredients in a shallow bowl.
- ☐ Whisk together olive oil and lemon juice until blended. Dip chicken into olive oil mixture, and dredge in breadcrumb mixture, pressing to coat.
- ☐ Place in a lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 375 for 30 minutes or until chicken is done.
- ☐ Serve with Tomato-Basil Cream; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:18.760434746742%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 418kcal (20.9%), Fat: 20.1g (30.92%), Saturated Fat: 4.45g (27.84%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 22.18g (8.07%), Sugar: 10.31g (11.45%), Cholesterol: 83.44mg (27.82%), Sodium: 1021.02mg (44.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.46%), Vitamin B3: 13.12mg (65.59%), Selenium: 42.59µg (60.84%), Vitamin B6: 0.93mg (46.31%), Phosphorus: 310.34mg (31.03%), Potassium: 872.86mg

(24.94%), Fiber: 4.88g (19.5%), Vitamin B5: 1.84mg (18.44%), Vitamin B1: 0.27mg (17.85%), Vitamin A: 877.35IU (17.55%), Vitamin B2: 0.29mg (17.23%), Calcium: 142.74mg (14.27%), Vitamin C: 10.39mg (12.6%), Iron: 2.2mg (12.2%), Vitamin E: 1.78mg (11.88%), Vitamin K: 11.28µg (10.74%), Manganese: 0.21mg (10.58%), Magnesium: 40.64mg (10.16%), Zinc: 1.29mg (8.59%), Vitamin B12: 0.5µg (8.34%), Folate: 29.81µg (7.45%), Copper: 0.09mg (4.31%), Vitamin D: 0.16µg (1.09%)