



 **14%**
HEALTH SCORE

Chicken En Papillote With Basil and Cherry Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chicken breast boneless skinless with or)
- 1 serving salt and pepper to taste
- 2 tablespoons olive oil
- 0.3 cup onion sliced
- 1 garlic clove sliced
- 2 tablespoons wine
- 4 cherry tomatoes halved

- 2 leaves basil
- 2 leaves basil
- 1 serving basil fresh
- 1 serving basil fresh

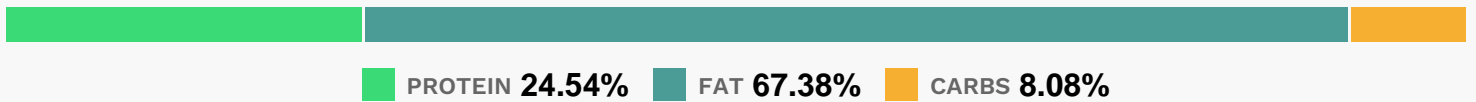
Equipment

- baking sheet
- oven
- kitchen thermometer
- kitchen twine

Directions

- Preheat oven to 400 degrees.
- Salt and pepper chicken and place on parchment sheet.
- Drizzle with olive oil.
- Add onion, garlic, white wine, cherry tomatoes and basil. Wrap parchment tightly around contents and secure into a package with kitchen twine.
- Place on cookie sheet.
- Place in oven for 35 to 40 minutes or until thermometer inserted into chicken reads 165 degrees. Unwrap package and serve hot, with a garnish of fresh basil chiffonade.

Nutrition Facts



Properties

Glycemic Index:352, Glycemic Load:1.27, Inflammation Score:-7, Nutrition Score:18.642608695652%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 435.03kcal (21.75%), Fat: 31.09g (47.84%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.08g (2.57%), Sugar: 3.73g (4.14%), Cholesterol: 72.32mg (24.11%), Sodium: 336.76mg (14.64%), Alcohol: 3.09g (17.17%), Protein: 25.48g (50.95%), Vitamin B3: 12.3mg (61.51%), Selenium: 37.17µg (53.11%), Vitamin B6: 1.01mg (50.48%), Vitamin K: 44.22µg (42.11%), Vitamin E: 4.69mg (31.24%), Phosphorus: 281.29mg (28.13%), Vitamin C: 21.84mg (26.47%), Potassium: 676.09mg (19.32%), Vitamin B5: 1.79mg (17.91%), Manganese: 0.29mg (14.73%), Vitamin A: 683.99IU (13.68%), Magnesium: 47.1mg (11.77%), Vitamin B2: 0.15mg (8.89%), Vitamin B1: 0.12mg (8.32%), Iron: 1.45mg (8.03%), Copper: 0.13mg (6.53%), Folate: 25.43µg (6.36%), Zinc: 0.94mg (6.26%), Fiber: 1.32g (5.26%), Calcium: 41.48mg (4.15%), Vitamin B12: 0.23µg (3.77%)