



Chicken, goat's cheese & cherry tomato bake



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 part-boned chicken breasts
- ☐ 150 g goat's cheese firm
- ☐ 1 bunch thyme leaves
- ☐ 500 g cherry tomatoes
- ☐ 4 servings olive oil
- ☐ 1 tablespoon white wine

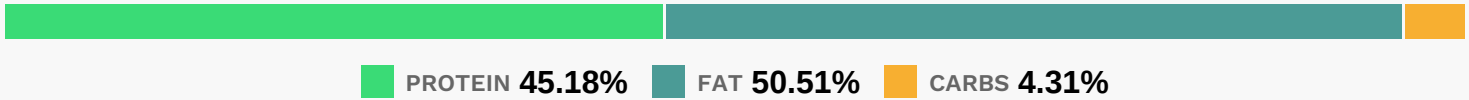
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Loosen the skin from the chicken breasts and stuff each with a slice of the goats cheese and a sprig of thyme. Put in a shallow ovenproof dish.
- ☐ Halve the cherry tomatoes and scatter around the chicken with a few more sprigs of thyme, a drizzle of olive oil and splash of white wine. Season with pepper, and salt if you wish.
- ☐ Bake for 25-30 mins until the chicken is tender and golden.
- ☐ Serve with Saffron wild rice (recipe right).

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.06, Inflammation Score:-9, Nutrition Score:29.06695646825%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 506.98kcal (25.35%), Fat: 27.91g (42.94%), Saturated Fat: 8.7g (54.39%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.48g (3.87%), Cholesterol: 161.89mg (53.96%), Sodium: 414.47mg (18.02%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 56.17g (112.34%), Vitamin B3: 24.42mg (122.1%), Selenium: 74µg (105.71%), Vitamin B6: 1.89mg (94.53%), Phosphorus: 607.34mg (60.73%), Vitamin C: 32.81mg (39.77%), Vitamin B5: 3.64mg (36.43%), Potassium: 1127.34mg (32.21%), Vitamin B2: 0.4mg (23.6%), Vitamin A: 1113.94IU (22.28%), Copper: 0.44mg (21.75%), Vitamin E: 3.21mg (21.42%), Magnesium: 77.99mg (19.5%), Iron: 2.66mg (14.79%), Vitamin B1: 0.22mg (14.44%), Vitamin K: 13.07µg (12.45%), Zinc: 1.85mg (12.36%), Manganese: 0.22mg (11.21%), Vitamin B12: 0.52µg (8.72%), Calcium: 82.08mg (8.21%), Folate: 30.28µg (7.57%), Fiber: 1.01g (4.06%), Vitamin D: 0.38µg (2.51%)