



Chicken rarebits

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet chicken breast boneless skinless
- ☐ 140 g cheddar cheese grated
- ☐ 1 tbsp coarse mustard (rounded)
- ☐ 3 tbsp milk (preferably full-fat)
- ☐ 150 g cherry tomatoes
- ☐ 4 servings potatoes

Equipment

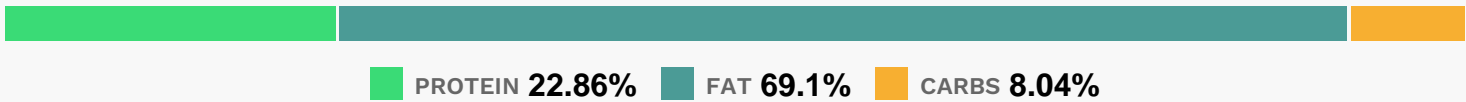
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare the chicken. Preheat the oven to 200C/gas 6/fan 180C. Slice the breasts in half through the middle so you have two thinner pieces (so they will cook quicker). Lightly oil a shallow baking dish, one that is big enough for the chicken to fit easily in a single layer.
- ☐ Lay the chicken in the dish.
- ☐ Mix the Easy cheese, mustard and milk in a little bowl, then pile the mixture on top of each piece of chicken. Theres no need to smooth it out.
- ☐ Put it in the oven. Throw the tomatoes, still on the vine, all round the chicken, then cook for 20–30 minutes until the chicken is golden and the tomatoes squashy.
- ☐ Serve it up.
- ☐ Serve with broccoli and new potatoes. Suggest to everyone that they squash the tomatoes on their plates to blend into the cheesy sauce.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:6.5365217353987%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 160.5kcal (8.02%), Fat: 12.45g (19.16%), Saturated Fat: 6.95g (43.44%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.65g (1.83%), Cholesterol: 36.99mg (12.33%), Sodium: 279.77mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Calcium: 267.95mg (26.79%), Phosphorus: 188.88mg (18.89%), Selenium: 11.9µg (17.01%), Vitamin A: 555.28IU (11.11%), Vitamin B2: 0.18mg (10.7%), Vitamin C: 8.77mg (10.64%), Zinc: 1.42mg (9.44%), Vitamin B12: 0.43µg (7.23%), Magnesium: 16.47mg (4.12%), Potassium: 139.11mg (3.97%), Vitamin B6: 0.07mg (3.68%), Vitamin E: 0.49mg (3.29%), Folate: 12.69µg (3.17%), Manganese: 0.06mg (3.03%), Vitamin B5: 0.26mg (2.63%), Vitamin B1: 0.04mg (2.57%), Vitamin D: 0.33µg (2.23%), Copper: 0.04mg (2.2%), Iron: 0.38mg (2.12%), Vitamin K: 2µg (1.91%), Vitamin B3: 0.37mg (1.83%), Fiber: 0.45g (1.78%)