



Chicken Topped with Feta and Green Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard country-style
- ☐ 0.5 teaspoon basil dried
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 ounces feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 2 tablespoons green onions minced
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 24 ounce chicken breast halves boneless skinless

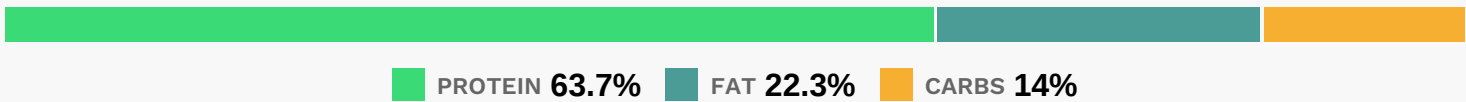
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a small bowl; toss gently. Set aside.
- ☐ Combine mustard and hot pepper sauce; stir well.
- ☐ Place chicken on a broiler pan coated with cooking spray.
- ☐ Spread mustard mixture evenly over chicken.
- ☐ Bake at 350 for 20 minutes.
- ☐ Sprinkle evenly with cheese mixture.
- ☐ Bake 5 more minutes or until cheese melts slightly.
- ☐ Sprinkle with black pepper.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.91, Inflammation Score:-5, Nutrition Score:21.535652466442%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 243.07kcal (12.15%), Fat: 5.97g (9.18%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 6.39g (2.32%), Sugar: 5.46g (6.07%), Cholesterol: 108.86mg (36.29%), Sodium: 267.55mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.36g (76.72%), Vitamin B3: 19.07mg (95.34%), Selenium:

56.51µg (80.73%), Vitamin B6: 1.33mg (66.41%), Phosphorus: 413.32mg (41.33%), Potassium: 1134.31mg (32.41%), Vitamin B5: 2.74mg (27.36%), Magnesium: 75.14mg (18.79%), Manganese: 0.33mg (16.4%), Vitamin K: 15.56µg (14.82%), Vitamin B2: 0.25mg (14.49%), Vitamin B1: 0.19mg (12.85%), Copper: 0.26mg (12.8%), Iron: 2.15mg (11.93%), Vitamin C: 8.55mg (10.37%), Zinc: 1.31mg (8.76%), Fiber: 2.05g (8.19%), Vitamin B12: 0.34µg (5.67%), Folate: 19.05µg (4.76%), Vitamin A: 209.57IU (4.19%), Vitamin E: 0.51mg (3.42%), Calcium: 31.75mg (3.17%), Vitamin D: 0.17µg (1.13%)