



## Chicken with Cherry Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 leaves garnish: 1/4 cup basil
- ☐ 0.3 teaspoon pepper black
- ☐ 1 pint cherry tomatoes
- ☐ 5 garlic cloves coarsely chopped
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

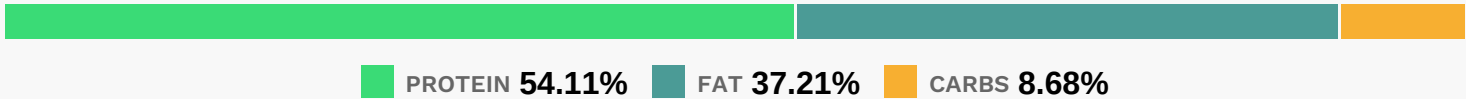
# Equipment

- ☐ frying pan
- ☐ plastic wrap

# Directions

- ☐ Place chicken breast halves between 2 sheets of plastic wrap; pound to 1/2-inch thickness.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan.
- ☐ Add chicken; saut for 3 minutes on each side or until done.
- ☐ Transfer to a serving platter.
- ☐ Add coarsely chopped garlic cloves to pan; saut for 1 minute, stirring constantly. Stir in cherry tomatoes and chicken broth, and bring to a boil. Cook 5 minutes, stirring occasionally. Spoon over chicken.
- ☐ Garnish with small basil leaves.

# Nutrition Facts



# Properties

Glycemic Index:33, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:21.597391579462%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

# Nutrients (% of daily need)

Calories: 284.26kcal (14.21%), Fat: 11.56g (17.78%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.13g (1.86%), Sugar: 2.98g (3.32%), Cholesterol: 108.86mg (36.29%), Sodium: 538.48mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.82g (75.65%), Vitamin B3: 18.4mg (92%), Selenium: 55.56µg

(79.37%), Vitamin B6: 1.41mg (70.73%), Phosphorus: 396.33mg (39.63%), Vitamin C: 30.2mg (36.61%), Potassium: 944.44mg (26.98%), Vitamin B5: 2.6mg (26.01%), Magnesium: 56.11mg (14.03%), Vitamin E: 2mg (13.33%), Vitamin A: 637.1IU (12.74%), Vitamin B2: 0.2mg (11.8%), Manganese: 0.23mg (11.53%), Vitamin B1: 0.16mg (10.61%), Iron: 1.56mg (8.64%), Vitamin K: 8.65µg (8.24%), Zinc: 1.2mg (7.99%), Copper: 0.15mg (7.41%), Vitamin B12: 0.34µg (5.67%), Folate: 22.4µg (5.6%), Fiber: 0.94g (3.76%), Calcium: 29.33mg (2.93%), Vitamin D: 0.17µg (1.13%)