



Chicken with Creamy Tomato Basil Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce philadelphia tomato basil cooking creme cream cheese product
- ☐ 1 clove garlic minced
- ☐ 4 oz chicken breasts boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water

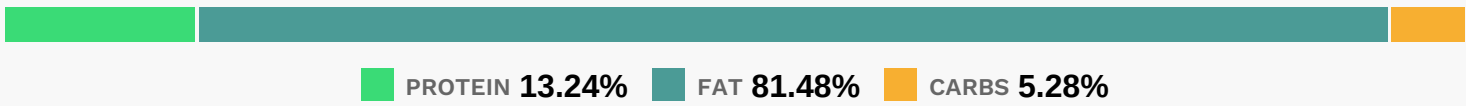
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet on medium-high heat.
- ☐ Add chicken; cook 6 to 7 min. on each side or until done (170 degrees F).
- ☐ Transfer to plate; cover to keep warm.
- ☐ Add garlic to skillet; cook and stir 1 min.
- ☐ Add Cooking Creme and water; cook and stir 2 to 3 min. or until heated through.
- ☐ Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:6.4456521296955%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 311.55kcal (15.58%), Fat: 28.52g (43.87%), Saturated Fat: 15g (93.73%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 4.14g (1.51%), Sugar: 2.67g (2.97%), Cholesterol: 89.73mg (29.91%), Sodium: 255.93mg (11.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.85%), Selenium: 15.27µg (21.82%), Vitamin A: 960.41IU (19.21%), Vitamin B3: 3.03mg (15.13%), Phosphorus: 136.52mg (13.65%), Vitamin B6: 0.26mg (13.07%), Vitamin B2: 0.19mg (11.3%), Vitamin B5: 0.81mg (8.12%), Vitamin K: 7.81µg (7.44%), Calcium: 71.75mg (7.17%), Vitamin E: 0.94mg (6.28%), Potassium: 201.45mg (5.76%), Vitamin B12: 0.21µg (3.54%), Zinc: 0.53mg (3.52%), Magnesium: 14.01mg (3.5%), Vitamin B1: 0.04mg (2.4%), Folate: 7.54µg (1.88%), Manganese: 0.02mg (1.23%), Copper: 0.02mg (1.19%), Iron: 0.2mg (1.09%)