



Chicken with Dried Tomato Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon balsamic vinegar
- 24 oz skinned and boned chicken breasts
- 1 cup chicken broth
- 8 oz tomatoes dried in oil
- 4 servings garnish: oregano sprig fresh
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper
- 0.3 teaspoon salt divided

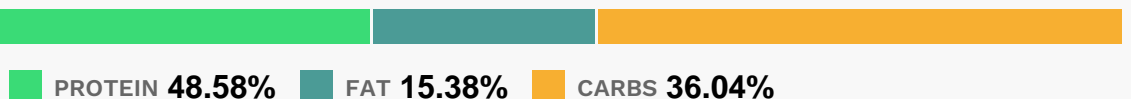
Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Drain 1 1/2 Tbsp. oil from jar of tomatoes into a large skillet; set aside.
- Remove 1/4 cup dried tomatoes from jar, and finely chop. Refrigerate remaining tomatoes and oil in jar for another use.
- Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- Sprinkle chicken with 1/8 tsp. salt and pepper.
- Heat 1 1/2 Tbsp. reserved oil in large skillet over medium heat until hot.
- Add chicken; cook 6 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Add chopped dried tomatoes, remaining 1/8 tsp. salt, chicken broth, oregano, and vinegar to pan; bring to a boil, scraping to loosen browned bits from pan. Cook 3 minutes or until broth mixture is reduced to about 1/2 cup.
- Serve sauce over chicken.
- Garnish, if desired.
- MENU IDEA FOR 4 * Chicken with Dried Tomato Sauce * Basmati rice * Steamed green beans
- GROCERIES NEEDED Check staples: salt, pepper, dried oregano, balsamic vinegar * 1 (8-oz.) jar dried tomatoes in oil * 4 (6-oz.) skinned and boned chicken breasts * 1 (14-oz.) can chicken broth * 1 bunch fresh oregano (optional) * 1 package basmati rice * 1 lb. fresh or frozen green beans

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:7.49, Inflammation Score:-9, Nutrition Score:35.268695846848%

Nutrients (% of daily need)

Calories: 348.56kcal (17.43%), Fat: 6.28g (9.66%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 25.47g (9.26%), Sugar: 21.73g (24.14%), Cholesterol: 110.04mg (36.68%), Sodium: 621.83mg (27.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.63g (89.27%), Vitamin B3: 23.07mg (115.36%), Selenium: 57.86µg (82.66%), Potassium: 2606mg (74.46%), Vitamin B6: 1.48mg (73.91%), Manganese: 1.19mg (59.56%), Phosphorus: 563.94mg (56.39%), Copper: 0.87mg (43.56%), Magnesium: 159.15mg (39.79%), Vitamin B5: 3.63mg (36.28%), Iron: 6.39mg (35.52%), Vitamin K: 34.25µg (32.62%), Fiber: 7.64g (30.57%), Vitamin C: 24.3mg (29.46%), Vitamin B2: 0.49mg (28.83%), Vitamin B1: 0.42mg (28.22%), Zinc: 2.2mg (14.66%), Folate: 48.94µg (12.23%), Vitamin A: 573.95IU (11.48%), Calcium: 97.99mg (9.8%), Vitamin B12: 0.35µg (5.87%), Vitamin E: 0.63mg (4.18%), Vitamin D: 0.17µg (1.13%)