



Chicken with Roasted Red Peppers



Gluten Free

READY IN



265 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices mozzarella cheese
- ☐ 16 ounce roasted bell peppers red dry with paper towels drained
- ☐ 2 cups salad dressing italian-style
- ☐ 4 chicken breast halves boneless skinless

Equipment

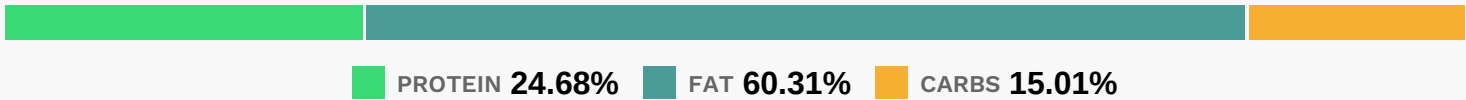
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place the chicken breasts into a 1-gallon plastic zipper bag; pour in the Italian dressing. Squeeze air out of the bag, and seal. Refrigerate 4 to 6 hours to marinate.
- ☐ Pour the dressing into a large skillet over medium heat, and bring to a boil.
- ☐ Lay the chicken pieces into the dressing, and cook until the dressing reduces and the chicken is lightly browned, about 10 minutes per side.
- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a baking sheet with aluminum foil; place the chicken breasts onto the foil-lined sheet.
- ☐ Place a generous layer of roasted red peppers on each chicken breast; top with a slice of cheese. Broil the chicken until the cheese is browned and bubbling, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:23.944347806599%

Nutrients (% of daily need)

Calories: 516.23kcal (25.81%), Fat: 34.39g (52.91%), Saturated Fat: 7.88g (49.28%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 17.9g (6.51%), Sugar: 12.98g (14.42%), Cholesterol: 94.7mg (31.57%), Sodium: 3027.93mg (131.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.66g (63.32%), Vitamin C: 54.56mg (66.13%), Vitamin K: 66.68µg (63.5%), Vitamin B3: 12.59mg (62.96%), Selenium: 43.67µg (62.38%), Vitamin B6: 1.13mg (56.7%), Phosphorus: 377.9mg (37.79%), Calcium: 210.5mg (21.05%), Potassium: 703.89mg (20.11%), Vitamin E: 2.84mg (18.95%), Vitamin A: 857.4IU (17.15%), Vitamin B5: 1.69mg (16.93%), Vitamin B12: 0.87µg (14.53%), Vitamin B2: 0.23mg (13.36%), Magnesium: 53.4mg (13.35%), Manganese: 0.24mg (12.17%), Zinc: 1.77mg (11.79%), Copper: 0.2mg (10.17%), Iron: 1.76mg (9.75%), Vitamin B1: 0.13mg (8.84%), Folate: 24.65µg (6.16%), Fiber: 1.36g (5.44%), Vitamin D: 0.23µg (1.51%)