



Chicken with Tomatoes & Feta

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 0.5 cup athenos feta cheese with basil & tomato crumbled
- 1 optional: lemon thinly sliced
- 1 tsp oil
- 1 onion chopped
- 1 lb chicken breasts boneless skinless
- 0.3 cup greek vinaigrette dressing kraft

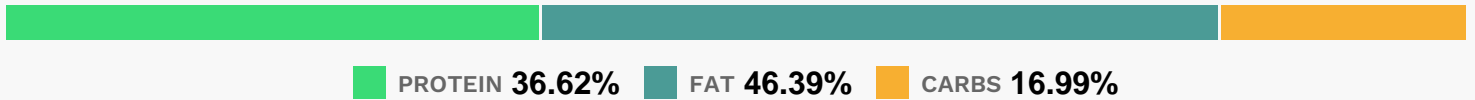
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken and onions; cover. Cook 10 to 14 min. or until chicken is done (165F), turning after 6 min.
- Remove chicken from skillet; cover to keep warm.
- Add tomatoes, dressing and lemons to onions in skillet; cook 4 min. or until heated through, stirring frequently.
- Return chicken to skillet. Spoon sauce over chicken. Cook 1 min. or until chicken is heated through; top with cheese.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.753043472119%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 41.29kcal (2.06%), Fat: 2.17g (3.35%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.88g (0.98%), Cholesterol: 11.9mg (3.97%), Sodium: 63.74mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin B3: 1.77mg (8.86%), Selenium: 5.36µg (7.66%), Vitamin B6: 0.15mg (7.55%), Phosphorus: 46.05mg (4.6%), Vitamin C: 3.58mg (4.34%), Potassium: 106.74mg (3.05%), Vitamin B5: 0.29mg (2.88%), Vitamin K: 2.96µg (2.82%), Vitamin B2: 0.04mg (2.64%), Vitamin E: 0.33mg (2.18%), Calcium: 19.36mg (1.94%), Magnesium: 7.71mg (1.93%), Vitamin B1: 0.03mg (1.77%), Fiber: 0.41g (1.66%), Manganese: 0.03mg (1.65%), Copper: 0.03mg (1.59%), Iron: 0.27mg (1.52%), Zinc: 0.2mg (1.36%), Vitamin B12: 0.07µg (1.21%), Folate: 4.22µg (1.05%)