



## Cousin Cosmo's Greek Chicken

READY IN



40 min.

SERVINGS



6

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 cube chicken bouillon crumbled
- 0.3 pound feta cheese crumbled
- 2 tablespoons flour all-purpose divided
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 0.5 teaspoon salt
- 6 chicken breast halves boneless skinless

- 2 cups torn spinach leaves fresh loosely packed
- 1 tomatoes ripe chopped
- 1.5 cups water

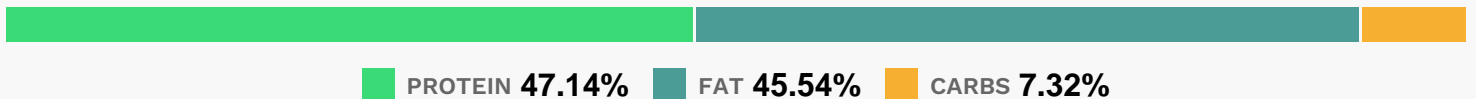
## Equipment

- bowl
- frying pan
- whisk
- toothpicks
- meat tenderizer

## Directions

- On large plate, combine 1 tablespoon flour, salt, and pepper. Set aside. In a small bowl, combine cheese, lemon juice, and oregano. Set aside.
- With a meat mallet, pound each chicken breast to 1/2 inch thickness.
- Spread cheese mixture on each chicken breast, leaving 1/2 inch border. Fold chicken breasts in half; secure each with toothpick. Coat chicken breasts with flour mixture.
- In large skillet, heat oil over medium heat. Cook chicken breasts for 1 to 2 minutes on each side, until golden. In a small bowl, whisk together 1 1/2 cups water, chicken bouillon cube, and remaining flour; pour over chicken breasts in pan.
- Add spinach and tomato to skillet, and bring to boil. Cover, reduce heat to low, and simmer for 8 to 10 minutes, or until chicken is no longer pink inside. Discard toothpicks before serving.

## Nutrition Facts



## Properties

Glycemic Index:34.83, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:18.695217225863%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 236.9kcal (11.84%), Fat: 11.78g (18.13%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.67g (0.74%), Cholesterol: 89.14mg (29.71%), Sodium: 553.15mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.89%), Vitamin B3: 12.33mg (61.67%), Selenium: 39.97µg (57.09%), Vitamin K: 55.51µg (52.87%), Vitamin B6: 0.97mg (48.42%), Phosphorus: 314.34mg (31.43%), Vitamin A: 1228.4IU (24.57%), Vitamin B5: 1.84mg (18.36%), Vitamin B2: 0.31mg (18.23%), Potassium: 544.86mg (15.57%), Calcium: 118.94mg (11.89%), Magnesium: 45.47mg (11.37%), Folate: 38.92µg (9.73%), Vitamin C: 7.95mg (9.64%), Vitamin B1: 0.14mg (9.18%), Vitamin B12: 0.55µg (9.09%), Manganese: 0.18mg (9.02%), Zinc: 1.32mg (8.82%), Vitamin E: 1.3mg (8.68%), Iron: 1.14mg (6.35%), Copper: 0.08mg (3.93%), Fiber: 0.7g (2.82%), Vitamin D: 0.19µg (1.26%)