



Creamy Tomato Chicken

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 tablespoons butter
- 0.5 teaspoon chile-garlic sauce to taste sriracha® (such as)
- 0.5 teaspoon marjoram dried
- 2 tablespoons onion dried minced
- 0.5 teaspoon thyme leaves dried
- 3 large cloves garlic minced
- 0.8 cup heavy cream
- 1 tablespoon oregano dried

- 4 servings salt to taste
- 2 tablespoons mozzarella cheese shredded
- 4 chicken breast halves boneless skinless
- 6 ounce no-salt-added tomato paste canned (such as Hunt's®)

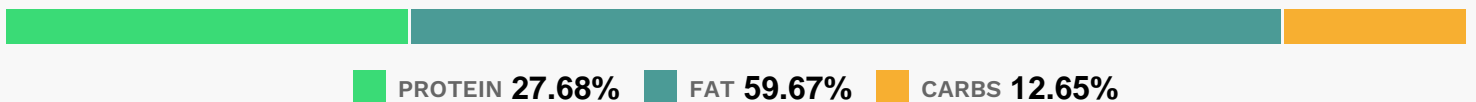
Equipment

- frying pan
- sauce pan
- whisk
- kitchen thermometer

Directions

- Melt butter in a large skillet over medium heat, and cook the garlic and dried onion until the garlic is softened, about 2 minutes; place the chicken breast halves into the hot skillet, and cook until the meat is no longer pink, the juices run clear, and the chicken is browned, about 8 to 10 minutes per side. An instant-read thermometer inserted into the center of a chicken breast should read at least 165 degrees F (74 degrees C).
- Whisk the tomato paste with the cream in a saucepan over medium-low heat. Bring the mixture to a simmer, and stir in the thyme, marjoram, oregano, and chile-garlic sauce. Season to taste with salt.
- Pour the sauce mixture over the chicken, and stir the sauce in the skillet to dissolve the butter, juices, and browned flavor bits into the sauce.
- Serve chicken in sauce, sprinkled with mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:20.594347808672%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 416.83kcal (20.84%), Fat: 28.07g (43.19%), Saturated Fat: 16.44g (102.77%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 10.77g (3.92%), Sugar: 7.68g (8.54%), Cholesterol: 147.4mg (49.13%), Sodium: 807.48mg (35.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Vitamin B3: 13.24mg (66.2%), Selenium: 41.6µg (59.43%), Vitamin B6: 1.04mg (51.93%), Phosphorus: 339.91mg (33.99%), Vitamin A: 1634.7IU (32.69%), Potassium: 965.98mg (27.6%), Vitamin E: 2.91mg (19.43%), Vitamin B5: 1.86mg (18.64%), Vitamin B2: 0.3mg (17.53%), Vitamin K: 17.41µg (16.58%), Vitamin C: 13.61mg (16.5%), Manganese: 0.29mg (14.69%), Magnesium: 58.58mg (14.64%), Iron: 2.47mg (13.71%), Calcium: 123.04mg (12.3%), Copper: 0.22mg (10.89%), Fiber: 2.63g (10.51%), Zinc: 1.37mg (9.13%), Vitamin B1: 0.13mg (8.62%), Vitamin B12: 0.48µg (8.01%), Vitamin D: 0.86µg (5.71%), Folate: 19.74µg (4.94%)