



WHATSheATE



Crisp Italian chicken & polenta



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



1128 kcal

Ingredients

- ☐ 500 g polenta
- ☐ 25 g parmesan grated
- ☐ 2 fillet chicken breast boneless
- ☐ 250 g cherry tomatoes
- ☐ 1 leaves rosemary
- ☐ 1 garlic clove sliced
- ☐ 2 tbsp olive oil

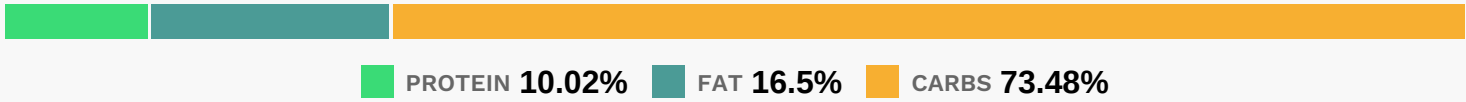
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Using your fingers, roughly break up the polenta into small chunks and scatter in the bottom of a small roasting tin. Tip in the parmesan and mix. Sit the chicken breasts, cherry tomatoes, rosemary and garlic on top of the polenta, drizzle with olive oil, then season to taste.
- ☐ Roast for 25 mins until the chicken skin is crisp and golden, and the polenta and cheese are turning crusty around the edges.
- ☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:19.114347816809%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 1127.79kcal (56.39%), Fat: 20.48g (31.5%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 205.23g (68.41%), Net Carbohydrates: 200.11g (72.77%), Sugar: 4.83g (5.36%), Cholesterol: 9.14mg (3.05%), Sodium: 218.45mg (9.5%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.99g (55.98%), Selenium: 46.49µg (66.42%), Vitamin C: 29.29mg (35.5%), Phosphorus: 308.99mg (30.9%), Vitamin B6: 0.51mg (25.62%), Vitamin B1: 0.38mg (25.41%), Vitamin A: 1259.95IU (25.2%), Manganese: 0.43mg (21.67%), Magnesium: 85.99mg (21.5%), Iron: 3.71mg (20.59%), Fiber: 5.12g (20.48%), Vitamin B3: 3.82mg (19.09%), Potassium: 641.13mg (18.32%), Vitamin E: 2.75mg (18.31%), Calcium: 176.05mg (17.61%), Copper: 0.29mg (14.64%), Vitamin B5: 1.45mg (14.54%), Vitamin K: 12.92µg (12.3%), Zinc: 1.58mg (10.55%), Vitamin B2: 0.17mg (10.22%), Folate: 31.25µg (7.81%), Vitamin B12: 0.15µg (2.53%)