



Dinner Tonight: Chicken Breasts in Foil with Tomato, Olives, and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 small olives black
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 1 teaspoon rosemary
- ☐ 2 servings salt and pepper
- ☐ 2 chicken breast halves boneless skinless
- ☐ 2 slices tomatoes thick

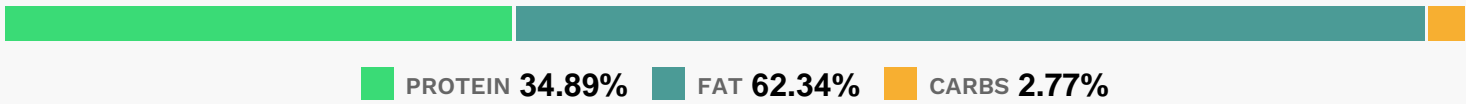
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Take two pieces of 18-inch foil and lay one on top of the other. Smear 1/2 of the oil in the middle of the foil.
- ☐ Lay both slices of tomato down side by side in the center and top each one with a chicken breast. Season the chicken with salt and pepper, and then top with the olives, rosemary leaves and Parmesan.
- ☐ Pull the edges of the aluminum foil up towards the center and seal as tightly as possible so nothing can leak out. Just make sure the top breasts are still laying flat and not jumbled up, or they won't cook correctly.
- ☐ Heat a large iron skillet over high heat.
- ☐ Add the rest of the oil, swirl around to cover, and then pour most of it out. You just want a small film on the surface. Carefully place the foil packet in the skillet. After about 2 minutes the authors said the aluminum foil should expand like a balloon. Cook for an additional 5 minutes. As I explained above, my packet did not puff up. Either way, it will need a total of around 7-8 minutes in the skillet.
- ☐ Remove and let rest for a minute.
- ☐ Carefully unfold the aluminum foil and check for doneness, around 160°F. If ready, serve the chicken on top of the tomatoes and pour on the sauce.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:16.854782783467%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

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: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 384.61kcal (19.23%), Fat: 26.51g (40.78%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.02g (1.13%), Cholesterol: 89.32mg (29.77%), Sodium: 1039.03mg (45.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.75%), Vitamin B3: 12.06mg (60.31%), Selenium: 41.97µg (59.95%), Vitamin B6: 0.9mg (44.89%), Phosphorus: 418.11mg (41.81%), Calcium: 315.65mg (31.57%), Vitamin E: 3.19mg (21.29%), Vitamin B5: 1.75mg (17.52%), Potassium: 514.15mg (14.69%), Vitamin B2: 0.2mg (11.93%), Magnesium: 45.67mg (11.42%), Vitamin K: 11.49µg (10.94%), Vitamin A: 534.22IU (10.68%), Zinc: 1.4mg (9.33%), Vitamin B12: 0.53µg (8.77%), Vitamin B1: 0.1mg (6.43%), Vitamin C: 5.09mg (6.16%), Iron: 0.89mg (4.94%), Fiber: 1.01g (4.02%), Copper: 0.08mg (3.94%), Folate: 11.07µg (2.77%), Manganese: 0.05mg (2.71%), Vitamin D: 0.24µg (1.59%)