



## Easy Feta-Chicken Bake

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 tsp pepper black
- 4 oz athenos feta cheese with basil & tomato crumbled
- 0.3 cup parsley fresh finely chopped
- 2 Tbsp juice of lemon divided
- 0.3 cup pasilla peppers red finely chopped
- 1.5 lb chicken breasts boneless skinless

## Equipment

- oven

baking pan

## Directions

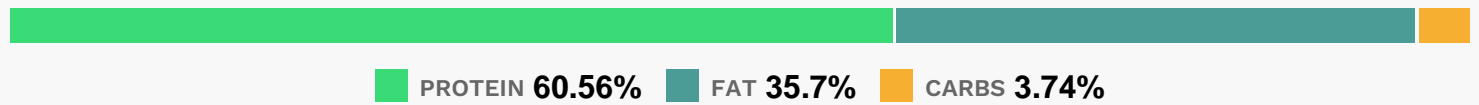
Heat oven to 350F.

Place chicken in 13x9-inch baking dish sprayed with cooking spray.

Drizzle with 1 Tbsp. lemon juice. Season with black pepper. Top with cheese; drizzle with remaining lemon juice.

Bake 35 to 40 min. or until chicken is done (165F). Top with red peppers and parsley.

## Nutrition Facts



## Properties

Glycemic Index:2.46, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.9443478451475%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

## Nutrients (% of daily need)

Calories: 21.98kcal (1.1%), Fat: 0.85g (1.3%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 0.2g (0.07%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.05g (0.05%), Cholesterol: 10.73mg (3.58%), Sodium: 41.85mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin B3: 1.45mg (7.27%), Selenium: 4.7µg (6.71%), Vitamin B6: 0.11mg (5.71%), Vitamin K: 5.04µg (4.8%), Phosphorus: 36.65mg (3.67%), Vitamin B5: 0.22mg (2.2%), Vitamin C: 1.75mg (2.12%), Vitamin B2: 0.03mg (1.99%), Potassium: 55.74mg (1.59%), Vitamin A: 62.34IU (1.25%), Calcium: 12.41mg (1.24%), Vitamin B12: 0.07µg (1.09%), Magnesium: 4.26mg (1.07%)