



## Easy Tomato Baked Boneless Chicken Breast

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup lite balsamic vinaigrette dressing kraft
- 14 oz canned tomatoes diced drained canned
- 0.3 tsp garlic powder
- 0.3 cup parmesan cheese grated kraft
- 1 small onion red thinly sliced
- 1 lb chicken breasts boneless skinless

### Equipment

- oven

baking pan

## Directions

Heat oven to 425F.

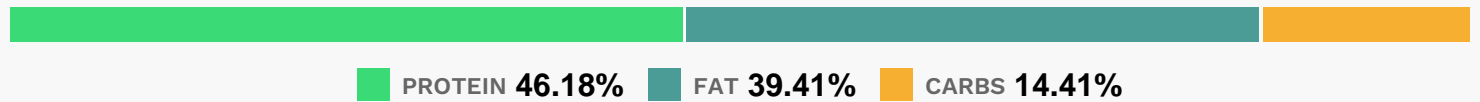
Spread onions onto bottom of 13x9-inch baking dish sprayed with cooking spray; top with chicken.

Combine tomatoes, dressing and garlic powder; pour over chicken.

Sprinkle with cheese.

Bake 30 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:0.8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.5260869423332%

## Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 23.82kcal (1.19%), Fat: 1.03g (1.58%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.4g (0.45%), Cholesterol: 7.8mg (2.6%), Sodium: 51.68mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin B3: 1.26mg (6.29%), Selenium: 3.88µg (5.54%), Vitamin B6: 0.1mg (5%), Phosphorus: 30.54mg (3.05%), Potassium: 66.01mg (1.89%), Vitamin B5: 0.18mg (1.79%), Vitamin C: 1.26mg (1.53%), Vitamin B2: 0.02mg (1.16%), Magnesium: 4.55mg (1.14%)