



## Feta-Topped Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.3 lb chicken breast halves boneless skinless
- ☐ 2 tablespoons balsamic vinaigrette
- ☐ 1 teaspoon seasoning italian
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 1 large roma tomatoes cut into 8 slices (plum)
- ☐ 1 oz feta cheese crumbled

### Equipment

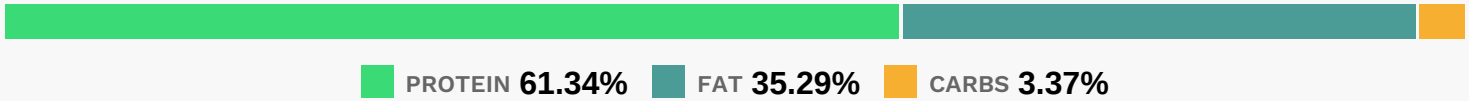
- ☐ oven

☐ broiler pan

Directions

- ☐ Set oven control to broil.
- ☐ Brush both sides of chicken breasts with dressing.
- ☐ Sprinkle both sides with Italian seasoning and seasoned pepper.
- ☐ Place on rack in broiler pan.
- ☐ Broil with tops 4 inches from heat about 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F). Top with tomato and cheese. Broil 2 to 3 minutes longer or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:15.124347634937%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 211.99kcal (10.6%), Fat: 8g (12.3%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.68g (0.75%), Cholesterol: 97.03mg (32.34%), Sodium: 458.97mg (19.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.56%), Vitamin B3: 14.97mg (74.85%), Selenium: 46.45µg (66.35%), Vitamin B6: 1.11mg (55.47%), Phosphorus: 326.01mg (32.6%), Vitamin B5: 2.11mg (21.07%), Potassium: 571.93mg (16.34%), Vitamin B2: 0.21mg (12.19%), Magnesium: 41.26mg (10.31%), Vitamin B1: 0.11mg (7.22%), Zinc: 1.07mg (7.11%), Vitamin B12: 0.4µg (6.72%), Calcium: 52.4mg (5.24%), Vitamin C: 3.84mg (4.65%), Vitamin K: 4.74µg (4.52%), Iron: 0.8mg (4.43%), Vitamin A: 210.05IU (4.2%), Manganese: 0.07mg (3.31%), Vitamin E: 0.46mg (3.05%), Folate: 11.45µg (2.86%), Copper: 0.05mg (2.65%), Fiber: 0.4g (1.59%), Vitamin D: 0.17µg (1.13%)