



Feta-Topped Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

PROTEIN 61.24% **FAT 35.23%** **CARBS 3.53%**

Properties

Glycemic Index:25.5, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:15.191304377888%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 212.3kcal (10.62%), Fat: 8g (12.31%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.68g (0.75%), Cholesterol: 97.03mg (32.34%), Sodium: 313.65mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.59%), Vitamin B3: 14.97mg (74.86%), Selenium: 46.45µg (66.36%), Vitamin B6: 1.11mg (55.49%), Phosphorus: 326.21mg (32.62%), Vitamin B5: 2.11mg (21.09%), Potassium: 573.56mg (16.39%), Vitamin B2: 0.21mg (12.2%), Magnesium: 41.47mg (10.37%), Vitamin B1: 0.11mg (7.23%), Zinc: 1.07mg (7.12%), Vitamin B12: 0.4µg (6.72%), Calcium: 52.87mg (5.29%), Vitamin K: 4.95µg (4.71%), Vitamin C: 3.84mg (4.65%), Iron: 0.81mg (4.49%), Vitamin A: 210.74IU (4.21%), Manganese: 0.08mg (4.09%), Vitamin E: 0.46mg (3.06%), Folate: 11.47µg (2.87%), Copper: 0.05mg (2.73%), Fiber: 0.43g (1.72%), Vitamin D: 0.17µg (1.13%)