



Greek Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast halves bone-in
- 4 ounce feta cheese crumbled
- 8 garlic cloves crushed
- 16 kalamata olives pitted
- 1 slices garnishes: lemon oregano sprigs fresh
- 4 lemons thinly sliced
- 2 tablespoons olive oil
- 2 teaspoons oregano dried

- 1 teaspoon pepper freshly ground
- 1 teaspoon salt

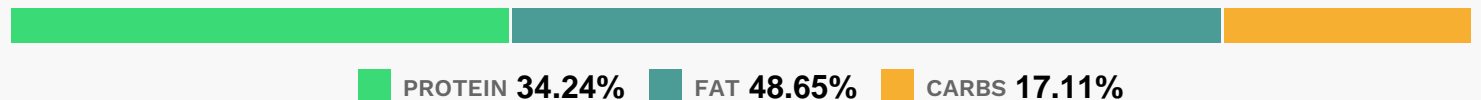
Equipment

- oven
- baking pan

Directions

- Lift skin gently from chicken breasts without detaching it; place 2 garlic cloves under skin of each breast. Replace skin.
- Rub breasts evenly with olive oil, and sprinkle with salt, pepper, and oregano.
- Place lemon slices in a 13- x 9-inch baking dish, and arrange chicken breasts over lemon.
- Sprinkle olives around chicken.
- Bake at 350 for 45 minutes or until done.
- Remove from oven, and sprinkle with feta cheese.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:22.119130248609%

Flavonoids

Eriodictyol: 23.44mg, Eriodictyol: 23.44mg, Eriodictyol: 23.44mg, Eriodictyol: 23.44mg Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 333.7kcal (16.68%), Fat: 18.89g (29.06%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 10.66g (3.88%), Sugar: 2.93g (3.26%), Cholesterol: 97.55mg (32.52%), Sodium: 1288.94mg (56.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.82%), Vitamin C: 61.42mg (74.45%), Vitamin B3: 12.31mg (61.54%), Selenium: 41.92µg (59.88%), Vitamin B6: 1.15mg (57.28%), Phosphorus: 362.49mg (36.25%), Vitamin B2: 0.39mg (22.83%), Vitamin B5: 2.15mg (21.49%), Calcium: 211.74mg (21.17%), Potassium: 637.35mg (18.21%), Fiber: 4.28g (17.11%), Vitamin E: 2.24mg (14.94%), Manganese: 0.27mg (13.66%), Magnesium: 50.38mg (12.59%), Vitamin B1: 0.18mg (11.84%), Vitamin B12: 0.71µg (11.75%), Vitamin K: 12.31µg (11.73%), Zinc: 1.65mg (10.99%), Iron: 1.9mg (10.57%), Folate: 28.78µg (7.19%), Copper: 0.13mg (6.54%), Vitamin A: 260.85IU (5.22%), Vitamin D: 0.23µg (1.51%)