



HEALTH SCORE

54%

Grilled Chicken Breasts with Fire Roasted Tomato Sauce Roasted Zucchini with Oregano and Lemon



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons hot sauce
- ☐ 1 juice of lemon
- ☐ 1 teaspoon oregano dried

- ☐ 12 roma tomatoes halved plum
- ☐ 4 servings salt
- ☐ 8 chicken breast halves boneless skinless
- ☐ 4 medium zucchini halved lengthwise

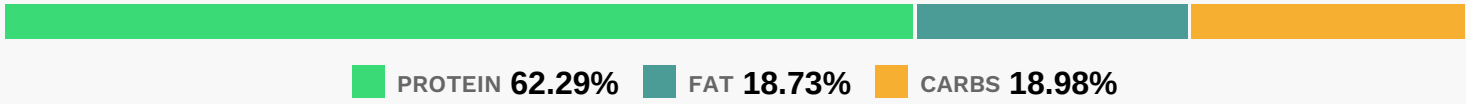
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 400 degrees F. Coat 2 large baking sheets with cooking spray.
- ☐ Season chicken with salt and pepper and place on prepared baking sheet. Arrange tomatoes on second baking sheet. Arrange zucchini next to tomatoes, flesh side up. Season tomatoes and zucchini with salt and pepper. Season zucchini with lemon juice, lemon zest and oregano.
- ☐ Place everything in the oven and roast 30 minutes.
- ☐ In a blender, combine 6 roasted tomatoes, balsamic vinegar, hot sauce, and chili powder. Process until smooth.
- ☐ Serve 4 chicken breast halves with this meal, smothered in roasted tomato sauce.
- ☐ Serve half of the zucchini and reserve the extra chicken, tomatoes and zucchini for other meals.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.22, Inflammation Score:-10, Nutrition Score:35.830869767977%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:

0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 336.34kcal (16.82%), Fat: 6.97g (10.73%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 11.27g (4.1%), Sugar: 11.26g (12.51%), Cholesterol: 144.64mg (48.21%), Sodium: 544.05mg (23.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.19g (104.37%), Vitamin B3: 25.65mg (128.27%), Vitamin B6: 2.18mg (109.18%), Selenium: 72.85µg (104.07%), Vitamin C: 67.69mg (82.05%), Phosphorus: 598.46mg (59.85%), Potassium: 1825.56mg (52.16%), Vitamin A: 2170.17IU (43.4%), Vitamin B5: 3.81mg (38.08%), Manganese: 0.65mg (32.6%), Magnesium: 118.28mg (29.57%), Vitamin B2: 0.46mg (26.82%), Vitamin K: 27.42µg (26.12%), Folate: 86.94µg (21.74%), Vitamin B1: 0.31mg (20.43%), Fiber: 4.63g (18.53%), Zinc: 2.3mg (15.35%), Copper: 0.29mg (14.41%), Iron: 2.42mg (13.44%), Vitamin E: 1.97mg (13.1%), Vitamin B12: 0.45µg (7.53%), Calcium: 74.23mg (7.42%), Vitamin D: 0.23µg (1.51%)