



Grilled Chicken Hunter Style

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast boneless
- 3 ounces olive oil extra virgin
- 1 bell pepper green sliced
- 16 ounces tomatoes
- 4 ounces mushrooms washed sliced
- 4 ounces mushrooms washed sliced
- 1 bell pepper red sliced
- 4 ounces pecorino cheese grated

4 servings pepper black freshly ground to taste

Equipment

ladle

pot

grill

Directions

Coat chicken breasts in 1 ounce of extra virgin olive oil and set aside. In a 2 quart sauce pot, add 2 ounces extra virgin olive oil, the green bell pepper, the red bell pepper and the mushrooms. Cook over medium heat until the vegetables begin to brown slightly.

Add the Mamma Lombardis Marinana Sauce, salt and freshly ground black pepper and simmer for approximately 12 minutes. Grill chicken breasts until thoroughly cooked and juicy.

Place on a serving tray and ladle the sauce over the chicken. Top with grated romano cheese and serve.

Nutrition Facts

 **PROTEIN 46.24%** **FAT 47.13%** **CARBS 6.63%**

Properties

Glycemic Index: 52.5, Glycemic Load: 3.11, Inflammation Score: -9, Nutrition Score: 41.827391304348%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Taste

Sweetness: 15.3%, Saltiness: 100%, Sourness: 15.27%, Bitterness: 19.15%, Savoriness: 71.73%, Fattiness: 66.11%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 737.76kcal (36.89%), Fat: 38.36g (59.01%), Saturated Fat: 9.82g (61.37%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 8.71g (3.17%), Sugar: 7.33g (8.15%), Cholesterol: 246.44mg (82.15%), Sodium: 1276.3mg (55.49%), Protein: 84.66g (169.32%), Vitamin B3: 38.99mg (194.93%), Selenium: 118.58µg (169.4%), Vitamin B6:

2.89mg (144.34%), Phosphorus: 1020.58mg (102.06%), Vitamin C: 75.2mg (91.15%), Vitamin B5: 6.28mg (62.75%), Potassium: 1912.15mg (54.63%), Vitamin B2: 0.78mg (45.84%), Vitamin E: 5.99mg (39.94%), Vitamin A: 1752.46IU (35.05%), Calcium: 341.88mg (34.19%), Magnesium: 128.59mg (32.15%), Zinc: 3.36mg (22.37%), Vitamin B1: 0.33mg (22.25%), Copper: 0.44mg (21.84%), Vitamin K: 21.1µg (20.09%), Iron: 3.2mg (17.79%), Vitamin B12: 1.02µg (16.97%), Manganese: 0.29mg (14.34%), Fiber: 3.42g (13.7%), Folate: 52.07µg (13.02%), Vitamin D: 0.59µg (3.96%)