



Grilled Chicken with Roasted Tomato and Oregano Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 small jalapeño minced cored seeded
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion diced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 medium shallots diced
- ☐ 24 ounces chicken breasts boneless skinless
- ☐ 1 pound tomatoes fresh diced

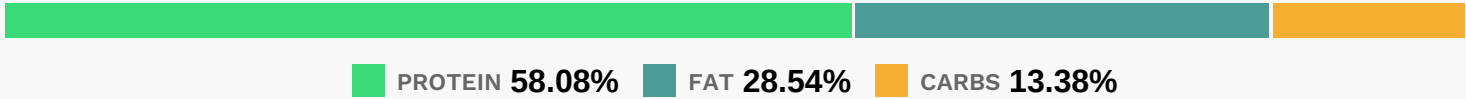
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine first 8 ingredients in a plastic bag.
- ☐ Add chicken; marinate at least 30 minutes.
- ☐ Heat oven to 400°F. Cover a baking tray with foil. To make salsa, spread tomatoes on tray; drizzle with oil.
- ☐ Add salt and pepper.
- ☐ Bake until lightly browned, 20 to 25 minutes.
- ☐ Combine tomatoes, shallots, onion, jalapeño, garlic and oregano in a bowl. Coat a large skillet with cooking spray.
- ☐ Heat over medium-high heat.
- ☐ Remove chicken from marinade; cook 5 minutes. Reduce heat to medium-low, flip chicken and add leftover marinade to pan. Cook 5 minutes. Reduce heat to low. Cover chicken; cook 10 minutes. Divide among 4 plates; top each with 1/4 of the salsa.
- ☐ Serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:23.076521702435%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 263.39kcal (13.17%), Fat: 8.24g (12.67%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.46g (4.95%), Cholesterol: 108.86mg (36.29%), Sodium: 495.86mg (21.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.71g (75.43%), Vitamin B3: 18.55mg (92.74%), Selenium: 54.79µg (78.27%), Vitamin B6: 1.44mg (72.12%), Phosphorus: 398.32mg (39.83%), Potassium: 976.84mg (27.91%), Vitamin C: 22.28mg (27%), Vitamin B5: 2.59mg (25.93%), Vitamin K: 24µg (22.86%), Vitamin A: 1096.22IU (21.92%), Magnesium: 64.91mg (16.23%), Manganese: 0.31mg (15.29%), Vitamin B2: 0.21mg (12.27%), Vitamin E: 1.75mg (11.65%), Vitamin B1: 0.17mg (11.25%), Fiber: 2.56g (10.25%), Iron: 1.62mg (8.99%), Zinc: 1.3mg (8.64%), Folate: 33.97µg (8.49%), Copper: 0.14mg (7.18%), Vitamin B12: 0.34µg (5.67%), Calcium: 51.37mg (5.14%), Vitamin D: 0.17µg (1.13%)