



Grilled Herb Chicken with Roma Tomato Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons basil fresh divided chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion finely chopped

- ☐ 1 pound plum tomatoes seeded chopped
- ☐ 1 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless

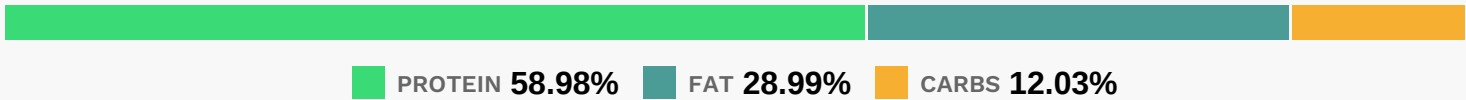
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion and garlic; cook 3 minutes or until tender, stirring occasionally. Stir in tomato, wine, vinegar, 1/2 teaspoon salt, and 1/8 teaspoon pepper; bring to a boil. Reduce heat, and simmer 10 minutes or until sauce thickens, stirring occasionally.
- ☐ Remove from heat; stir in 1 tablespoon basil.
- ☐ Prepare grill.
- ☐ Combine thyme, remaining 1 tablespoon basil, remaining 1/2 teaspoon salt, and remaining 1/8 teaspoon pepper in a small bowl. Coat chicken with cooking spray; sprinkle with thyme mixture.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Serve with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:21.912608514661%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 281.12kcal (14.06%), Fat: 8.19g (12.6%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 5.75g (2.09%), Sugar: 3.93g (4.37%), Cholesterol: 108.86mg (36.29%), Sodium: 785.88mg (34.17%), Alcohol: 3.15g (100%), Alcohol %: 1.18% (100%), Protein: 37.48g (74.96%), Vitamin B3: 18.48mg (92.39%), Selenium: 54.61µg (78.02%), Vitamin B6: 1.4mg (69.9%), Phosphorus: 392.52mg (39.25%), Potassium: 938.81mg (26.82%), Vitamin C: 21.78mg (26.4%), Vitamin B5: 2.56mg (25.57%), Vitamin A: 1132.55IU (22.65%), Magnesium: 62.19mg (15.55%), Vitamin K: 15.83µg (15.07%), Manganese: 0.25mg (12.34%), Vitamin B2: 0.21mg (12.08%), Vitamin B1: 0.16mg (10.65%), Vitamin E: 1.45mg (9.68%), Zinc: 1.26mg (8.37%), Iron: 1.37mg (7.6%), Fiber: 1.9g (7.58%), Folate: 27.86µg (6.96%), Copper: 0.14mg (6.83%), Vitamin B12: 0.34µg (5.67%), Calcium: 34.75mg (3.48%), Vitamin D: 0.17µg (1.13%)