



Grilled Sun-Dried Tomato Chicken Breast



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce chicken breast cutlets
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sun-dried tomato pesto (such as Classico)

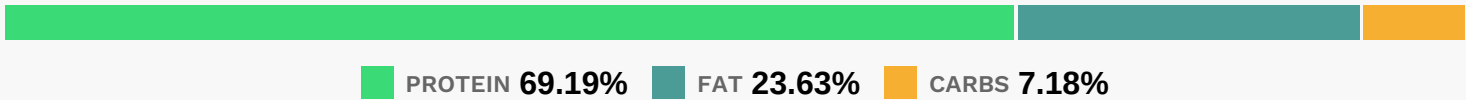
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 4 ingredients.
- ☐ Sprinkle chicken with salt and pepper; coat with cooking spray.
- ☐ Place chicken on a grill rack coated with cooking spray. Grill 3 minutes on each side or until done. Spoon pesto mixture evenly over chicken.
- ☐ Serve with: Warm Cannellini Bean Salad

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:12.368695704833%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.44kcal (7.37%), Fat: 3.73g (5.74%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.67g (0.74%), Cholesterol: 73.17mg (24.39%), Sodium: 346.44mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Vitamin B3: 11.91mg (59.53%), Selenium: 36.57µg (52.24%), Vitamin B6: 0.88mg (44.15%), Phosphorus: 243.04mg (24.3%), Vitamin B5: 1.64mg (16.4%), Potassium: 445.98mg (12.74%), Vitamin K: 12.38µg (11.79%), Magnesium: 34.09mg (8.52%), Vitamin B2: 0.12mg (7.21%), Manganese: 0.13mg (6.61%), Iron: 1.04mg (5.76%), Vitamin B1: 0.08mg (5.22%), Zinc: 0.72mg (4.79%), Calcium: 38.02mg (3.8%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.85g (3.4%), Vitamin A: 157.23IU (3.14%), Vitamin E: 0.45mg (3.03%), Vitamin C: 2.32mg (2.82%), Copper: 0.05mg (2.43%), Folate: 8.24µg (2.06%)