



Grilled Tomato-Basil Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 0.3 cup basil leaves fresh
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper
- ☐ 4 plum tomatoes halved
- ☐ 4 plum tomatoes quartered
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

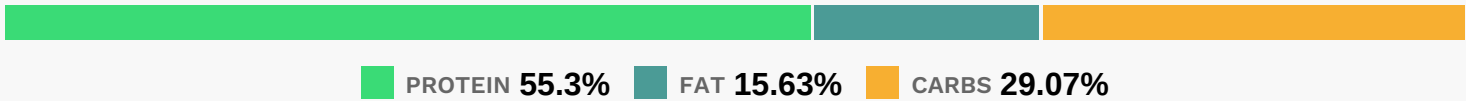
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Position knife blade in food processor bowl.
- ☐ Combine first 6 ingredients in processor bowl. Process until smooth. Set aside 1/4 cup tomato mixture.
- ☐ Place chicken in a large heavy-duty, zip-top plastic bag.
- ☐ Pour remaining tomato mixture over chicken. Seal bag; turn bag to coat chicken. Marinate in refrigerator 8 hours.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Remove chicken from marinade, discarding marinade. Coat tomato halves with cooking spray.
- ☐ Place chicken and tomato halves on rack; grill, covered, 5 to 6 minutes on each side or until chicken is done and tomato is cooked but still slightly firm.
- ☐ Place chicken on 4 individual serving plates; top each chicken breast half with 1 tablespoon reserved tomato mixture. Arrange 2 grilled tomato halves on each plate with chicken.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:5.45, Inflammation Score:-7, Nutrition Score:16.563913096552%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin:

0.17mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 195.76kcal (9.79%), Fat: 3.21g (4.93%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 11.82g (4.3%), Sugar: 10.42g (11.58%), Cholesterol: 72.57mg (24.19%), Sodium: 294.32mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Vitamin B3: 12.59mg (62.93%), Selenium: 36.41µg (52.02%), Vitamin B6: 0.96mg (48.05%), Phosphorus: 279.36mg (27.94%), Vitamin A: 1147.5IU (22.95%), Vitamin C: 18.85mg (22.85%), Potassium: 777.79mg (22.22%), Vitamin B5: 1.74mg (17.37%), Vitamin K: 16.67µg (15.88%), Manganese: 0.28mg (14.15%), Magnesium: 50.44mg (12.61%), Vitamin B2: 0.14mg (8.2%), Vitamin B1: 0.12mg (8.05%), Iron: 1.18mg (6.58%), Copper: 0.13mg (6.38%), Fiber: 1.59g (6.36%), Zinc: 0.93mg (6.21%), Folate: 24.22µg (6.06%), Vitamin E: 0.9mg (6%), Vitamin B12: 0.23µg (3.78%), Calcium: 36.19mg (3.62%)