



Herbed Balsamic Chicken with Blue Cheese

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1.5 teaspoons pepper black divided freshly ground
- ☐ 3 ounce wedge cheese blue cut into 6 slices
- ☐ 2 teaspoons coarse kosher salt divided
- ☐ 2 teaspoons herbs de provence
- ☐ 3 tablespoons olive oil
- ☐ 30 ounces chicken breast halves boneless skinless

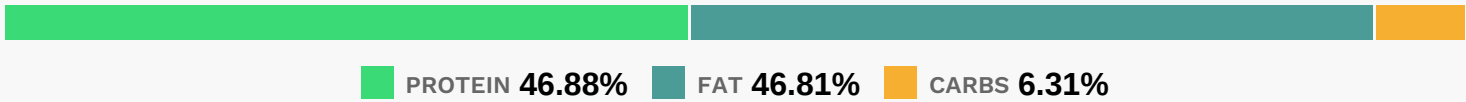
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Place chicken in large resealable plasticbag.
- ☐ Whisk vinegar, 3 tablespoons oil,1 1/2 teaspoons coarse salt, and 1 teaspoonpepper in small bowl.
- ☐ Add to chicken; sealbag. Chill 2 hours, turning bag occasionally.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill rack generously with oil. Arrangechicken on grill.
- ☐ Sprinkle with herbes deProvence, 1/2 teaspoon coarse salt, and 1/2teaspoon pepper. Grill chicken until cookedthrough, about 6 minutes per side.
- ☐ Transferto plates; top each with slice of cheese.
- ☐ * Sold in the spice section of supermarketsand at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:16.299565247867%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 294.38kcal (14.72%), Fat: 14.78g (22.74%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.23g (1.54%), Sugar: 3.26g (3.62%), Cholesterol: 101.35mg (33.78%), Sodium: 1107.91mg (48.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.63%), Vitamin B3: 14.95mg (74.76%), Selenium: 47.46µg (67.79%), Vitamin B6: 1.09mg (54.43%), Phosphorus: 358.02mg (35.8%), Vitamin B5: 2.27mg (22.72%), Potassium: 594.14mg (16.98%), Vitamin B2: 0.2mg (11.65%), Magnesium: 44.27mg (11.07%), Vitamin K: 11.37µg (10.83%), Calcium: 96.73mg (9.67%), Vitamin E: 1.34mg (8.95%), Zinc: 1.24mg (8.3%), Vitamin B12: 0.46µg (7.61%), Manganese: 0.14mg (7.12%), Iron: 1.23mg (6.82%), Vitamin B1: 0.1mg (6.47%), Vitamin A: 166.08IU (3.32%),

Copper: 0.06mg (2.98%), Folate: 11.77µg (2.94%), Vitamin C: 1.87mg (2.26%), Vitamin D: 0.21µg (1.42%)