



# Honey-Rosemary Chicken with Cherry Tomatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 chicken breast halves boneless with skin
- 1 pint cherry tomatoes
- 1 small chiles dried hot
- 8 garlic cloves sliced
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar

- 40 inch rosemary sprigs fresh
- 4 servings salt and pepper freshly ground

## Equipment

- frying pan
- oven
- baking pan
- wax paper
- glass baking pan

## Directions

- Preheat the oven to 42
- In a 9-by-13-inch enameled cast-iron or glass baking dish, toss the garlic with 1 tablespoon of the oil.
- Bake in the oven for 5 minutes, or until sizzling but not browned.
- Place the chicken on a sheet of wax paper, skin side down. Season with salt and pepper and spread with half of the honey.
- Remove the dish from the oven and push the garlic to the side. Arrange the chicken breasts in the hot dish, skin side up. Season with salt and pepper and spread with the remaining honey.
- Surround the chicken with the cherry tomatoes, 6 of the rosemary sprigs and the dried chiles.
- Drizzle the remaining 1 tablespoon olive oil on top and season with salt and pepper.
- Bake for about 25 minutes, occasionally basting with the pan juices, until the chicken is cooked through.
- Transfer the chicken, tomatoes, and garlic to plates. Stir the vinegar into the baking dish and spoon the sauce over the chicken.
- Garnish each serving with a rosemary sprig.

## Nutrition Facts



PROTEIN 36.05%  FAT 35.61%  CARBS 28.34%

## Properties

Glycemic Index:20.57, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:20.970000246297%

## Flavonoids

Naringenin: 6.31mg, Naringenin: 6.31mg, Naringenin: 6.31mg, Naringenin: 6.31mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 287.24kcal (14.36%), Fat: 11.58g (17.82%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 16.14g (5.87%), Sugar: 11.68g (12.97%), Cholesterol: 72.32mg (24.11%), Sodium: 346.48mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin B3: 12.71mg (63.56%), Vitamin B6: 1.1mg (55.15%), Selenium: 37.69µg (53.85%), Vitamin C: 35.85mg (43.45%), Phosphorus: 297.29mg (29.73%), Vitamin A: 1388.7IU (27.77%), Potassium: 879.08mg (25.12%), Manganese: 0.5mg (24.85%), Vitamin B5: 2.01mg (20.11%), Fiber: 4.59g (18.37%), Iron: 3.12mg (17.35%), Magnesium: 65.12mg (16.28%), Vitamin E: 1.89mg (12.63%), Folate: 48.04µg (12.01%), Vitamin B2: 0.19mg (11.16%), Calcium: 111.14mg (11.11%), Copper: 0.22mg (10.91%), Vitamin B1: 0.14mg (9.08%), Zinc: 1.15mg (7.69%), Vitamin K: 7.99µg (7.61%), Vitamin B12: 0.23µg (3.77%)