



Hunts® Bruschetta Chicken Grill

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup balsamic vinaigrette dressing divided
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup green onions sliced
- ☐ 4 slices bread italian thick
- ☐ 20 ounce chicken breasts boneless skinless
- ☐ 6 ounce hunt's® tomato paste divided canned
- ☐ 14.5 ounce hunt's® tomatoes diced drained canned

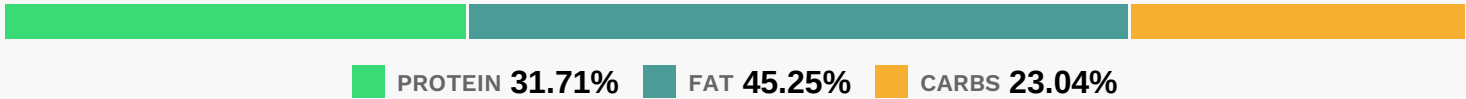
Equipment

☐ grill

Directions

- ☐ Stir together 1/4 cup dressing and 2 tablespoons tomato paste in small dish.
- ☐ Pour over chicken in small glass dish; cover. Refrigerate 30 minutes or up to 8 hours.
- ☐ Meanwhile, stir together drained tomatoes, remaining 1/4 cup dressing, remaining 2 tablespoons tomato paste, onions, basil and garlic. Refrigerate until ready to use.
- ☐ Preheat grill to medium.
- ☐ Remove chicken from marinade; discard marinade. Grill chicken 10 to 12 minutes or until no longer pink in centers (165 degrees F), turning once. Just before chicken is done, grill bread 2 minutes on each side or until toasted. To serve, place bread on serving plates; top with chicken and tomato mixture.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:24.333913282208%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 438.08kcal (21.9%), Fat: 21.98g (33.81%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 21.31g (7.75%), Sugar: 15.2g (16.89%), Cholesterol: 90.72mg (30.24%), Sodium: 846.37mg (36.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Vitamin B3: 17.65mg (88.25%), Selenium: 47.76µg (68.23%), Vitamin B6: 1.25mg (62.52%), Phosphorus: 369.05mg (36.9%), Potassium: 1265.83mg (36.17%), Vitamin A: 1662.2IU (33.24%), Vitamin C: 26.68mg (32.34%), Vitamin K: 30.35µg (28.9%), Vitamin B5: 2.18mg (21.83%), Vitamin E: 2.7mg (17.97%), Magnesium: 71.5mg (17.87%), Fiber: 3.87g (15.48%), Manganese: 0.3mg (15.04%), Vitamin B2: 0.25mg (14.76%), Iron: 2.63mg (14.59%), Copper: 0.27mg (13.27%), Vitamin B1: 0.19mg (12.5%), Folate: 43.49µg (10.87%), Zinc: 1.35mg (8.97%), Vitamin B12: 0.28µg (4.72%), Calcium: 43.25mg (4.32%)