

Italian chicken bake

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small onion chopped
- ☐ 2 garlic clove crushed
- ☐ 3 tbsp olive oil
- ☐ 2 tsp oregano dried
- ☐ 1200 g cherry tomatoes chopped canned
- ☐ 1 tbsp sugar
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 500 g chicken shredded cooked

- ☐ 125 g mozzarella cheese
- ☐ 2 handfuls bread crumbs fresh gluten-free good (or alternative)

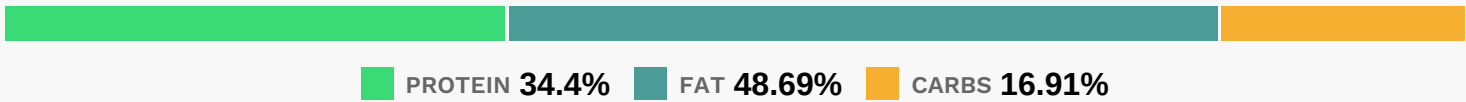
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Fry the onion and garlic in the oil until softened.
- ☐ Add the oregano, tomatoes and sugar, a little splash of vinegar and some salt and pepper, then simmer for 20 mins until the sauce is really thick. Stir in the chicken and transfer to a baking dish.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Tear over the mozzarella in chunks, then scatter over with the breadcrumbs with a bit more ground pepper.
- ☐ Bake for 20 mins until the chicken is piping hot through and the top is golden and bubbling. eat with mash, jacket potatoes, rice or pasta.

Nutrition Facts



Properties

Glycemic Index:39.77, Glycemic Load:3.15, Inflammation Score:-9, Nutrition Score:26.732173797877%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

Nutrients (% of daily need)

Calories: 482.03kcal (24.1%), Fat: 26.21g (40.32%), Saturated Fat: 7.9g (49.35%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 17.35g (6.31%), Sugar: 12.33g (13.7%), Cholesterol: 118.44mg (39.48%), Sodium: 325.11mg

(14.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.65g (83.31%), Vitamin C: 71.5mg (86.66%), Vitamin B3: 11.57mg (57.86%), Selenium: 38.01µg (54.3%), Phosphorus: 448.7mg (44.87%), Vitamin B6: 0.83mg (41.55%), Vitamin A: 1745.64IU (34.91%), Potassium: 1034.08mg (29.55%), Iron: 4.2mg (23.32%), Calcium: 231.31mg (23.13%), Manganese: 0.46mg (23.13%), Vitamin E: 3.42mg (22.83%), Zinc: 3.34mg (22.23%), Vitamin B2: 0.35mg (20.86%), Vitamin K: 21.2µg (20.19%), Vitamin B12: 1.08µg (17.92%), Vitamin B5: 1.71mg (17.06%), Magnesium: 65.96mg (16.49%), Copper: 0.32mg (16.21%), Vitamin B1: 0.22mg (14.37%), Folate: 56.27µg (14.07%), Fiber: 3.13g (12.5%)