



HEALTH SCORE

70%

Italian chicken with cream cheese & spinach



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large onion halved thinly sliced
- ☐ 85 g cream cheese low-fat
- ☐ 200 g spinach frozen thawed chopped well
- ☐ 4 servings nutmeg generous
- ☐ 4 chicken breast skinless
- ☐ 4 cherry tomatoes (per stem)
- ☐ 550 g potatoes thinly sliced
- ☐ 4 garlic clove sliced

- ☐ 8 kalamata olives black pitted chopped
- ☐ 1 tbsp olive oil
- ☐ 4 servings the salad

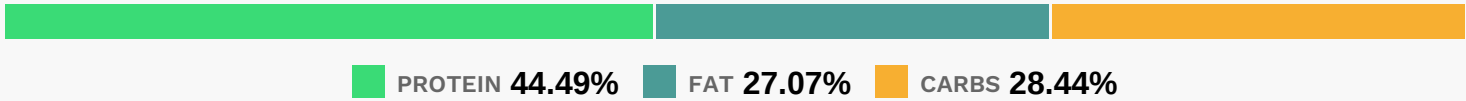
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas 7 and line a large baking sheet with baking parchment.
- ☐ Put the onion in a bowl and pour over boiling water to cover. Leave to soften for 15 mins. Meanwhile, beat the cheese, spinach and nutmeg together with plenty of black pepper.
- ☐ Spread over the chicken breasts, then top with the tomatoes.
- ☐ Drain the onion slices, then toss them with the potato, garlic, olives, oil and black pepper. Arrange the potato mixture on the parchment in 4 piles spaced apart, then flatten.
- ☐ Bake for 25 mins more until almost tender and starting to colour.
- ☐ Remove from the oven, put 1 chicken breast on each pile of potatoes, and bake for 20 mins until the chicken and potatoes are tender and cooked all the way through, and the tomatoes are roasted.
- ☐ Serve with a big salad.

Nutrition Facts



Properties

Glycemic Index:52.69, Glycemic Load:19.04, Inflammation Score:-10, Nutrition Score:43.658695495647%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 502.7kcal (25.13%), Fat: 15.06g (23.17%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 29.64g (10.78%), Sugar: 5.29g (5.88%), Cholesterol: 156.12mg (52.04%), Sodium: 523.17mg (22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.7g (111.41%), Vitamin K: 192.19µg (183.04%), Vitamin A: 6622.88IU (132.46%), Vitamin B3: 25.72mg (128.6%), Vitamin B6: 2.33mg (116.36%), Selenium: 77.54µg (110.78%), Phosphorus: 650.18mg (65.02%), Vitamin C: 49.48mg (59.97%), Potassium: 1823.6mg (52.1%), Manganese: 0.83mg (41.59%), Vitamin B5: 3.99mg (39.9%), Magnesium: 144.55mg (36.14%), Folate: 133.56µg (33.39%), Vitamin B2: 0.46mg (27.07%), Vitamin B1: 0.36mg (24.01%), Fiber: 5.97g (23.9%), Iron: 3.51mg (19.48%), Vitamin E: 2.86mg (19.1%), Copper: 0.37mg (18.74%), Zinc: 2.36mg (15.75%), Calcium: 152.75mg (15.27%), Vitamin B12: 0.65µg (10.79%), Vitamin D: 0.29µg (1.93%)