



## Kalamata-Balsamic Chicken with Feta

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons balsamic vinaigrette light
- 2 tablespoons basil
- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons feta cheese crumbled
- 1 cup grape tomatoes halved
- 16 kalamata olives pitted halved
- 24 ounce chicken breast halves boneless skinless

### Equipment

- bowl
- frying pan

## Directions

- Sprinkle chicken evenly with pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6 to 7 minutes on each side or until done.
- Transfer chicken to a serving platter; keep warm.
- While chicken cooks, combine tomatoes, olives, and vinaigrette in a medium bowl.
- Add tomato mixture to pan; cook 1 to 2 minutes or until tomatoes soften. Spoon over chicken. Top evenly with cheese and basil.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:19.850869852564%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 299.71kcal (14.99%), Fat: 13.81g (21.24%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.45g (1.61%), Cholesterol: 120.21mg (40.07%), Sodium: 695.47mg (30.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.47g (76.94%), Vitamin B3: 18.14mg (90.69%), Selenium: 56.5µg (80.72%), Vitamin B6: 1.37mg (68.26%), Phosphorus: 410.71mg (41.07%), Vitamin B5: 2.59mg (25.9%), Potassium: 738.54mg (21.1%), Vitamin B2: 0.29mg (16.89%), Magnesium: 53.57mg (13.39%), Vitamin A: 532.12IU (10.64%), Vitamin B1: 0.15mg (9.75%), Zinc: 1.43mg (9.56%), Vitamin B12: 0.56µg (9.26%), Vitamin C: 7.32mg (8.88%), Calcium: 87.41mg (8.74%), Vitamin K: 8.3µg (7.9%), Vitamin E: 1.17mg (7.78%), Manganese: 0.11mg (5.75%), Iron: 0.95mg (5.26%), Copper: 0.1mg (4.92%), Folate: 17.67µg (4.42%), Fiber: 1.05g (4.22%), Vitamin D: 0.22µg (1.47%)