



Marinated Chicken Bruschetta

 Gluten Free  Dairy Free

READY IN



62 min.

SERVINGS



6

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium beefsteak tomatoes chopped
- 0.8 cup wish-bone® dressing italian divided
- 0.3 cup onion diced red
- 30 ounce chicken breast halves boneless skinless

Equipment

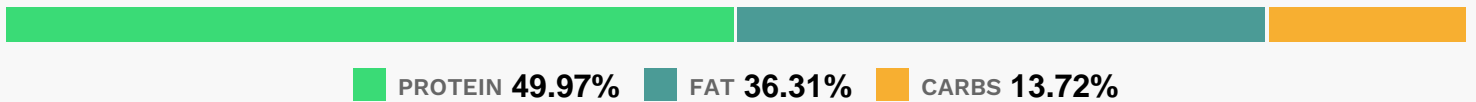
- bowl
- baking pan
- grill

- ziploc bags

Directions

- Pour 1/4 cup Wish-Bone® Italian Dressing over chicken in large, shallow nonaluminum baking dish or plastic bag. Cover, or close bag, and marinate in refrigerator, turning occasionally, 30 minutes to 3 hours.
- Meanwhile, combine tomatoes, onion, basil and 1/4 cup Dressing in medium bowl. Cover and marinate in refrigerator at least 30 minutes.
- Remove chicken from marinade, discarding marinade. Grill or broil chicken, turning once and brushing frequently with remaining 1/4 cup Dressing, until chicken is thoroughly cooked, about 12 minutes.
- Serve tomato mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:18.893478162911%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 255.16kcal (12.76%), Fat: 10.1g (15.54%), Saturated Fat: 1.7g (10.66%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.11g (2.59%), Sugar: 6.44g (7.15%), Cholesterol: 90.72mg (30.24%), Sodium: 462.05mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.57%), Vitamin B3: 15.5mg (77.52%), Selenium: 45.98µg (65.69%), Vitamin B6: 1.18mg (58.96%), Phosphorus: 331.21mg (33.12%), Vitamin K: 25.71µg (24.49%), Potassium: 827.47mg (23.64%), Vitamin C: 17.84mg (21.62%), Vitamin B5: 2.13mg (21.29%), Vitamin A: 997.3IU (19.95%), Magnesium: 51.46mg (12.86%), Vitamin E: 1.53mg (10.17%), Vitamin B2: 0.17mg (9.71%), Vitamin B1: 0.14mg (9.44%), Manganese: 0.17mg (8.41%), Zinc: 1.05mg (6.98%), Folate: 23.94µg (5.98%), Fiber: 1.47g (5.89%), Copper: 0.11mg (5.67%), Iron: 0.92mg (5.12%), Vitamin B12: 0.28µg (4.72%), Calcium: 23.77mg (2.38%)