



Mediterranean Chicken Breasts

READY IN



24 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups couscous hot cooked
- 1 tsp basil leaves dried
- 0.3 cup bread crumbs dry
- 0.3 tsp ground pepper black
- 0.3 tsp paprika
- 0.3 cup nonfat yogurt plain greek-style
- 0.3 cup polly-o romano cheese grated
- 0.3 tsp salt
- 1.5 lb chicken breasts boneless skinless

Equipment

frying pan

Directions

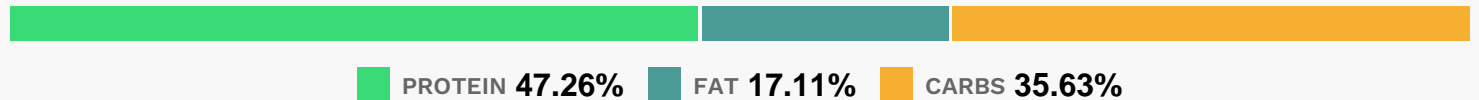
Mix first 6 ingredients.

Dip chicken in yogurt, then in cheese mixture, turning to evenly coat both sides of each breast.

Cook in skillet sprayed with cooking spray on medium heat 5 to 7 min. on each side or until done (165F).

Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:3.9695652561343%

Nutrients (% of daily need)

Calories: 65.8kcal (3.29%), Fat: 1.21g (1.86%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.31g (1.93%), Sugar: 0.3g (0.33%), Cholesterol: 19.64mg (6.55%), Sodium: 85.02mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Selenium: 15.05µg (21.5%), Vitamin B3: 3.23mg (16.17%), Vitamin B6: 0.23mg (11.38%), Phosphorus: 80.54mg (8.05%), Vitamin B5: 0.51mg (5.07%), Potassium: 128.55mg (3.67%), Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.88%), Magnesium: 10.97mg (2.74%), Calcium: 26.37mg (2.64%), Manganese: 0.04mg (2.01%), Zinc: 0.3mg (1.99%), Iron: 0.31mg (1.7%), Vitamin B12: 0.09µg (1.53%), Folate: 5.88µg (1.47%), Fiber: 0.36g (1.44%), Vitamin K: 1.24µg (1.18%), Copper: 0.02mg (1.05%)