



## Mediterranean Mozza-Chicken

 Gluten Free

READY IN



28 min.

SERVINGS



28

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup olives black pitted
- 0.5 cup grape tomatoes halved
- 1 onion red sliced
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless
- 0.3 cup tuscan house dressing italian kraft
- 1 zucchini chopped

## Equipment

frying pan

## Directions

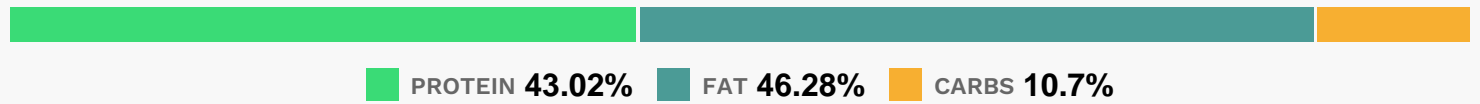
Heat large nonstick skillet on medium-high heat.

Add chicken; cover skillet with lid. Cook 5 to 7 min. on each side or until chicken is done (165F), adding onions and zucchini after 5 min.

Add dressing, tomatoes and olives; cover. Cook on medium-low heat 2 min. or until heated through; stir.

Top with cheese; cook, covered, 2 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:3.82, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.546956555351%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 42.24kcal (2.11%), Fat: 2.16g (3.32%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.69g (0.77%), Cholesterol: 13.53mg (4.51%), Sodium: 103.16mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin B3: 1.75mg (8.77%), Selenium: 5.96µg (8.52%), Vitamin B6: 0.14mg (7.16%), Phosphorus: 53.03mg (5.3%), Potassium: 96.07mg (2.74%), Vitamin B5: 0.26mg (2.59%), Vitamin C: 2.11mg (2.56%), Calcium: 24.83mg (2.48%), Vitamin B2: 0.04mg (2.11%), Vitamin B12: 0.12µg (2.06%), Magnesium: 7.33mg (1.83%), Vitamin K: 1.86µg (1.77%), Zinc: 0.25mg (1.65%), Vitamin A: 78.37IU (1.57%), Vitamin E: 0.2mg (1.33%), Manganese: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.23%)