



Parchment-baked Chicken with Arugula, Sage, and Rosemary



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula leaves
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 16 ounce chicken-breast halves boneless skinless
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 teaspoon sage fresh chopped
- ☐ 4 teaspoons olive oil
- ☐ 1 cup plum tomatoes chopped

☐ 0.8 teaspoon salt divided

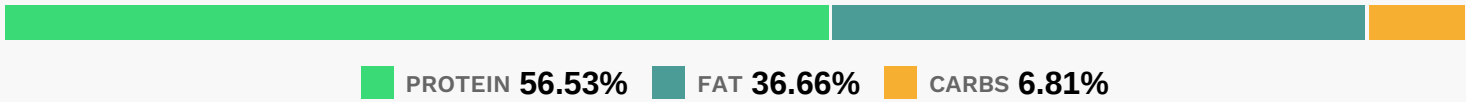
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Follow directions for heart-shaped parchment package at lower left.
- ☐ Unfold parchment heart, and coat lightly with cooking spray, leaving a 2-inch border ungreased at edge.
- ☐ Place 1/2 cup arugula on one side of parchment-paper heart so that it touches fold, but not ungreased border.
- ☐ Place a chicken breast over arugula; sprinkle with 1/2 teaspoon sage and 1/2 teaspoon rosemary. Top with 1/4 cup tomato.
- ☐ Sprinkle with one-fourth of salt and black pepper, drizzle with 1 teaspoon olive oil, and top with 1 teaspoon olives, if desired.
- ☐ Fold paper; seal edges with narrow folds. Repeat with the remaining parchment paper, chicken, and other ingredients.
- ☐ Place packets on baking sheets.
- ☐ Bake at 450 for 20 minutes or until puffy and lightly browned. To serve, open packets and transfer arugula and chicken breast to plates; pour juices over top. Or serve right in packets; carefully transfer to plates and pierce each to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:19.083913253701%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 179.93kcal (9%), Fat: 7.18g (11.05%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 1.99g (0.73%), Sugar: 1.76g (1.96%), Cholesterol: 72.57mg (24.19%), Sodium: 573.42mg (24.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.92g (49.85%), Copper: 3.11mg (155.41%), Vitamin B3: 12.21mg (61.06%), Selenium: 36.33µg (51.9%), Vitamin B6: 0.9mg (45.24%), Phosphorus: 258.33mg (25.83%), Vitamin K: 18.62µg (17.73%), Potassium: 604.7mg (17.28%), Vitamin B5: 1.72mg (17.16%), Vitamin A: 766.84IU (15.34%), Vitamin C: 10.97mg (13.3%), Manganese: 0.25mg (12.48%), Magnesium: 42.87mg (10.72%), Vitamin B2: 0.14mg (7.94%), Vitamin E: 1.16mg (7.71%), Vitamin B1: 0.1mg (6.81%), Folate: 23.2µg (5.8%), Zinc: 0.83mg (5.52%), Iron: 0.89mg (4.95%), Fiber: 1.01g (4.05%), Vitamin B12: 0.23µg (3.78%), Calcium: 35.72mg (3.57%)