



Parmesan-Crusted Chicken with Arugula Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula leaves packed
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 ounces parmesan cheese freshly grated
- ☐ 4 servings salt and pepper freshly ground
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 teaspoon thyme leaves chopped

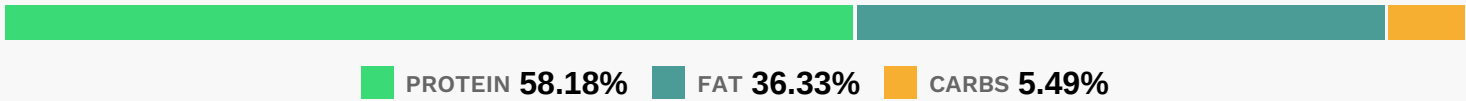
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 47
- ☐ In a small bowl, combine 2 teaspoons of the mustard with 2 teaspoons of the olive oil and the thyme. Season the chicken breasts with salt and pepper, then brush them all over with the mustard mixture. Pat 2 tablespoons of the Parmesan all over each breast.
- ☐ Transfer the chicken breasts to a rimmed baking sheet.
- ☐ Bake the chicken on the top shelf of the oven for about 15 minutes, or until just cooked through and nicely browned.
- ☐ Meanwhile, in a medium bowl, combine the remaining 1 teaspoon each of mustard and olive oil; stir in 1/2 teaspoon of water.
- ☐ Add the arugula and tomatoes, season with salt and pepper and toss well. Spoon the salad onto plates, top with the chicken and serve.
- ☐ Notes: One serving 288 calories, 4 gm total fat, 1 gm saturated fat, 4 gm carb.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:22.023913113967%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 283.85kcal (14.19%), Fat: 11.19g (17.21%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.4g (1.55%), Cholesterol: 118.11mg (39.37%), Sodium: 627.99mg (27.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.3g (80.6%), Vitamin B3: 18.03mg (90.17%), Selenium: 59.67µg (85.25%), Vitamin B6: 1.33mg (66.51%), Phosphorus: 449.75mg (44.97%), Vitamin B5: 2.61mg (26.06%), Vitamin K: 25.53µg (24.31%), Potassium: 811.15mg (23.18%), Vitamin C: 13.95mg (16.91%), Vitamin A: 814.28IU (16.29%), Magnesium: 62.9mg (15.73%), Calcium: 142.11mg (14.21%), Vitamin B2: 0.24mg (13.87%), Zinc: 1.62mg (10.81%), Vitamin B1: 0.14mg (9.41%), Vitamin B12: 0.48µg (8.06%), Folate: 32.06µg (8.01%), Vitamin E: 1.19mg (7.93%), Manganese: 0.16mg (7.91%), Iron: 1.35mg (7.48%), Copper: 0.1mg (4.88%), Fiber: 0.78g (3.11%), Vitamin D: 0.22µg (1.49%)