



Provolone-Smothered Chicken



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast halves boneless skinless
- ☐ 0.5 cup salad dressing italian
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 slices tomatoes thin
- ☐ 2 oz provolone cheese

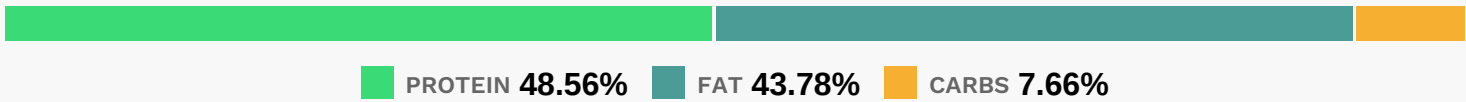
Equipment

- ☐ grill

Directions

- ☐ Place chicken in shallow dish.
- ☐ Pour dressing over chicken. Cover and refrigerate about 30 minutes.
- ☐ Heat closed medium-size contact grill for 5 minutes.
- ☐ Remove chicken from marinade; reserve marinade.
- ☐ Sprinkle chicken with garlic pepper.
- ☐ Place chicken on grill. Close grill. Grill 4 to 6 minutes, brushing with marinade once, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard remaining marinade.
- ☐ Sprinkle each chicken breast with basil; top with tomato and cheese.
- ☐ Let stand on grill 3 to 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:17.448695488598%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 289.14kcal (14.46%), Fat: 13.71g (21.09%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 5.02g (1.82%), Sugar: 3.98g (4.42%), Cholesterol: 100.5mg (33.5%), Sodium: 560.6mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.2g (68.4%), Vitamin B3: 15.06mg (75.28%), Selenium: 48.02µg (68.6%), Vitamin B6: 1.12mg (55.82%), Phosphorus: 382.09mg (38.21%), Vitamin K: 23.34µg (22.23%), Vitamin B5: 2.12mg (21.2%), Potassium: 638.27mg (18.24%), Calcium: 122.67mg (12.27%), Magnesium: 46.99mg (11.75%), Vitamin B2: 0.19mg (11.46%), Zinc: 1.39mg (9.28%), Vitamin A: 455.61IU (9.11%), Vitamin B12: 0.49µg (8.17%), Vitamin E: 1.1mg (7.36%), Vitamin B1: 0.11mg (7.36%), Vitamin C: 5.7mg (6.91%), Iron: 0.79mg (4.4%), Manganese: 0.08mg (4.11%), Copper: 0.07mg (3.53%), Folate: 12.4µg (3.1%), Fiber: 0.38g (1.51%), Vitamin D: 0.21µg (1.42%)