



Provolone-Smothered Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

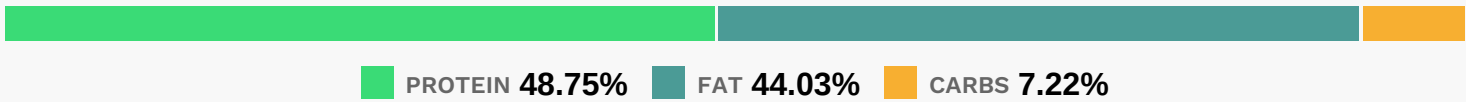
Equipment

- ☐ 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:41.25, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:17.395652356355%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg 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: 287.49kcal (14.37%), Fat: 13.7g (21.08%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.71g (1.71%), Sugar: 3.97g (4.41%), Cholesterol: 100.5mg (33.5%), Sodium: 560.63mg (24.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.27%), Vitamin B3: 15.02mg (75.08%), Selenium: 48.06µg (68.65%), Vitamin B6: 1.12mg (55.93%), Phosphorus: 380mg (38%), Vitamin K: 23.33µg (22.22%), Vitamin B5: 2.12mg (21.16%), Potassium: 637.15mg (18.2%), Calcium: 123.22mg (12.32%), Magnesium: 46mg (11.5%), Vitamin B2: 0.19mg (11.39%), Vitamin A: 455.53IU (9.11%), Zinc: 1.36mg (9.06%), Vitamin B12: 0.49µg (8.17%), Vitamin B1: 0.11mg (7.36%), Vitamin E: 1.1mg (7.33%), Vitamin C: 5.81mg (7.05%), Iron: 0.79mg (4.36%), Manganese: 0.08mg (4.02%), Copper: 0.07mg (3.42%), Folate: 11.83µg (2.96%), Vitamin D: 0.21µg (1.42%), Fiber: 0.35g (1.39%)