



Summer Style Chicken

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes canned
- 1.5 cups mozzarella cheese shredded
- 4 chicken breast halves boneless skinless
- 1 to 3 sized squashes yellow thinly sliced
- 1 medium zucchini thinly sliced

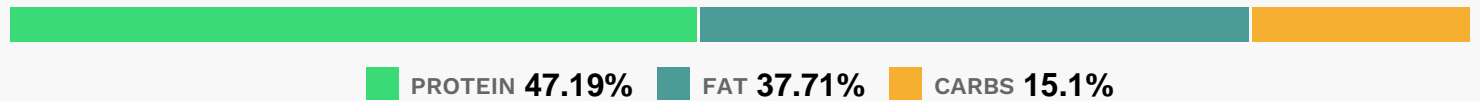
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.
- Arrange chicken in the prepared baking dish, and top with the stewed tomatoes. Arrange squash and zucchini slices around the chicken.
- Sprinkle with mozzarella cheese.
- Bake 45 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.86, Inflammation Score:-7, Nutrition Score:23.773913305739%

Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 303.88kcal (15.19%), Fat: 12.85g (19.76%), Saturated Fat: 6.27g (39.18%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 8.6g (3.13%), Sugar: 7.26g (8.06%), Cholesterol: 105.5mg (35.17%), Sodium: 534.97mg (23.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.34%), Vitamin B3: 13.55mg (67.73%), Selenium: 44.11µg (63.02%), Vitamin B6: 1.2mg (60.14%), Phosphorus: 456.11mg (45.61%), Vitamin C: 27.91mg (33.83%), Potassium: 1007.4mg (28.78%), Calcium: 267.88mg (26.79%), Vitamin B2: 0.4mg (23.58%), Vitamin B5: 2.13mg (21.31%), Vitamin B12: 1.18µg (19.73%), Manganese: 0.39mg (19.5%), Magnesium: 75.48mg (18.87%), Zinc: 2.46mg (16.39%), Vitamin A: 734.77IU (14.7%), Vitamin B1: 0.21mg (13.84%), Copper: 0.27mg (13.71%), Iron: 2.29mg (12.73%), Fiber: 2.98g (11.93%), Folate: 46.79µg (11.7%), Vitamin E: 1.7mg (11.31%), Vitamin K: 10.22µg (9.73%), Vitamin D: 0.28µg (1.87%)