



Sun-Dried Tomato Chicken

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices oscar mayer bacon chopped
- 1 tsp basil leaves dried
- 2 Tbsp parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 2 tomatoes chopped

Equipment

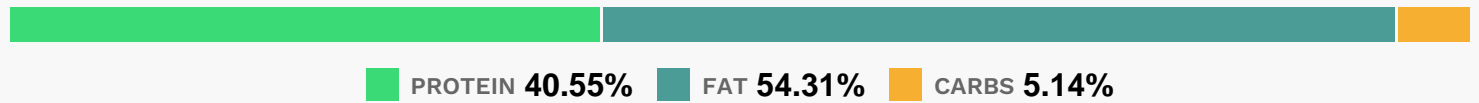
- frying pan

- paper towels
- slotted spoon

Directions

- Cook bacon in large skillet until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard drippings from skillet.
- Add chicken to skillet; cook on medium-high heat 2 min. on each side or until browned on both sides.
- Pour dressing over chicken; sprinkle with basil. Cook on low heat 4 to 5 min. on each side or until done (165F).
- Transfer chicken to platter, reserving dressing mixture in skillet; cover chicken to keep warm.
- Add tomatoes to skillet; stir. Cook on medium-high heat 3 min. or until heated through, stirring occasionally. Stir in bacon; spoon over chicken. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:15.438695560331%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 267.71kcal (13.39%), Fat: 15.97g (24.57%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.53g (0.92%), Sugar: 2.02g (2.24%), Cholesterol: 82.01mg (27.34%), Sodium: 251.61mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.65%), Vitamin B3: 12.65mg (63.27%), Selenium: 39.63µg (56.62%), Vitamin B6: 0.93mg (46.73%), Phosphorus: 285.55mg (28.55%), Vitamin K: 26.57µg (25.3%), Vitamin B5: 1.74mg (17.43%), Potassium: 602.16mg (17.2%), Vitamin C: 9.79mg (11.87%), Vitamin A: 574.61IU (11.49%), Magnesium: 40.93mg (10.23%), Vitamin E: 1.37mg (9.1%), Vitamin B2: 0.15mg (8.64%), Vitamin B1: 0.13mg (8.44%), Zinc: 1.03mg (6.83%), Manganese: 0.12mg (6.24%), Iron: 0.96mg (5.31%), Vitamin B12: 0.32µg (5.26%), Calcium: 42.31mg (4.23%), Copper: 0.08mg (3.99%), Folate: 15µg (3.75%), Fiber: 0.87g (3.48%), Vitamin D: 0.17µg (1.13%)