



Tomato & crispy crumb chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts boneless skinless
- ☐ 2 slices wholemeal bread thick
- ☐ 2 tsp herbs mixed dried
- ☐ 400 g tomatoes chopped canned
- ☐ 1 garlic clove crushed
- ☐ 1 tsp balsamic vinegar
- ☐ 2 tsp tomato purée
- ☐ 350 g green bean frozen

☐ 1 handful flat-leaf parsley chopped

Equipment

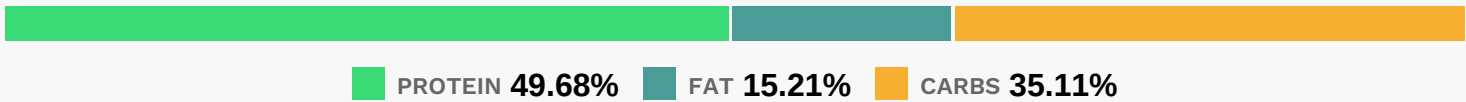
☐ food processor

☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Split the chicken breasts almost in half and open out like a book.
- ☐ Place in a non-stick roasting tin. Whizz the bread into crumbs in a food processor, then mix with the herbs.
- ☐ Mix the tomatoes with the garlic, vinegar and tomato pure.
- ☐ Spread the sauce over the chicken, sprinkle with the crumbs, then bake for 20-25 mins until the chicken is tender.
- ☐ While the chicken is cooking, boil the frozen beans for 3-5 mins until just tender.
- ☐ Serve the chicken, sprinkled with parsley, on a bed of beans.

Nutrition Facts



Properties

Glycemic Index:66.42, Glycemic Load:7.58, Inflammation Score:-8, Nutrition Score:25.914782876554%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 228.84kcal (11.44%), Fat: 3.96g (6.1%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 15.14g (5.51%), Sugar: 8.19g (9.1%), Cholesterol: 72.32mg (24.11%), Sodium: 333.27mg (14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.27%), Vitamin B3: 14.35mg (71.76%), Vitamin K: 72.73µg (69.26%), Selenium: 41.05µg (58.64%), Vitamin B6: 1.17mg (58.33%), Manganese: 0.76mg (38.11%),

Phosphorus: 336.42mg (33.64%), Vitamin C: 23.36mg (28.31%), Potassium: 955.23mg (27.29%), Iron: 3.96mg (22.02%), Vitamin B5: 2.2mg (21.98%), Fiber: 5.45g (21.79%), Magnesium: 84.88mg (21.22%), Vitamin A: 974.18IU (19.48%), Vitamin B1: 0.28mg (18.68%), Vitamin B2: 0.29mg (16.79%), Copper: 0.32mg (16.07%), Folate: 55.96µg (13.99%), Vitamin E: 2mg (13.33%), Calcium: 111.53mg (11.15%), Zinc: 1.45mg (9.68%), Vitamin B12: 0.23µg (3.77%)