



WHATSheATE



Tuscan Glazed Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 3 tablespoons roasted peppers red finely chopped
- ☐ 2 lbs chicken breast halves boneless skinless

Equipment

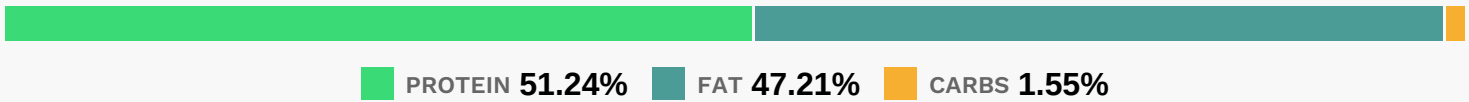
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine all ingredients except chicken in medium bowl. Arrange chicken on baking sheet, then evenly top with mayonnaise mixture.
- ☐ Bake 20 minutes or until chicken is thoroughly cooked.
- ☐ Cost per recipe*: \$
- ☐ Cost per serving*: \$
- ☐ *Based on average retail prices at national supermarkets.
- ☐ See nutritional information for sodium content.
- ☐ Also terrific with Hellmann's or Best Foods Real or Light Mayonnaise

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:9.4995653603388%

Nutrients (% of daily need)

Calories: 156.69kcal (7.83%), Fat: 7.95g (12.24%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.13g (0.14%), Cholesterol: 61.2mg (20.4%), Sodium: 213.7mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Vitamin B3: 9.49mg (47.47%), Selenium: 29.29µg (41.84%), Vitamin B6: 0.69mg (34.7%), Phosphorus: 194.45mg (19.44%), Vitamin B5: 1.31mg (13.1%), Vitamin K: 12.98µg (12.36%), Potassium: 349.03mg (9.97%), Magnesium: 24.71mg (6.18%), Vitamin B2: 0.09mg (5.55%), Vitamin B1: 0.06mg (4.09%), Vitamin C: 3.16mg (3.83%), Zinc: 0.56mg (3.72%), Vitamin B12: 0.19µg (3.17%), Vitamin E: 0.44mg (2.92%), Iron: 0.44mg (2.47%), Copper: 0.03mg (1.7%), Manganese: 0.03mg (1.49%), Folate: 5.09µg (1.27%), Vitamin A: 56.84IU (1.14%)