



## Zesty Roasted Chicken Breast

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 30 oz regular corn drained canned
- 3 lb chicken breasts bone-in
- 2 Tbsp cilantro leaves chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 2 large onions cut into wedges
- 8 oz sharp cheddar cheese shredded kraft
- 56 oz stewed tomatoes undrained canned

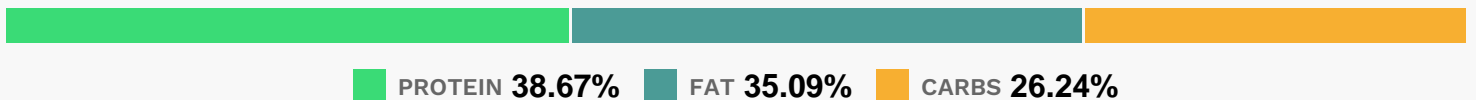
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 375F.
- Combine tomatoes, corn, onions and 1/4 cup of the dressing.
- Pour evenly into two 15x10x1-inch baking pans; spread evenly to cover bottoms of pans.
- Pour remaining 1/4 cup dressing over chicken in large bowl; toss to coat. Top tomato mixture in each pan with 5 of the chicken breasts.
- Bake 45 min. or until chicken is cooked through (165F).
- Transfer chicken to serving platter; cover to keep warm.
- Mix both tomato mixtures in medium bowl.
- Add cheese and cilantro; stir until well blended.
- Serve with the chicken.

## Nutrition Facts



## Properties

Glycemic Index:8.6, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:22.695652153181%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

## Nutrients (% of daily need)

Calories: 392.09kcal (19.6%), Fat: 15.26g (23.48%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 23.58g (8.57%), Sugar: 8.2g (9.12%), Cholesterol: 109.77mg (36.59%), Sodium: 913.57mg (39.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.7%), Vitamin B3: 16.05mg (80.26%),

Selenium: 51.3µg (73.29%), Vitamin B6: 1.11mg (55.27%), Phosphorus: 466.76mg (46.68%), Potassium: 1002.32mg (28.64%), Calcium: 231.31mg (23.13%), Vitamin B5: 2.25mg (22.51%), Vitamin C: 17.91mg (21.71%), Vitamin B2: 0.31mg (18.39%), Magnesium: 73.52mg (18.38%), Iron: 2.93mg (16.3%), Zinc: 2.19mg (14.59%), Vitamin E: 2.01mg (13.41%), Copper: 0.26mg (13.13%), Vitamin B1: 0.2mg (13.04%), Folate: 48.56µg (12.14%), Vitamin A: 551.36IU (11.03%), Vitamin K: 11.57µg (11.02%), Manganese: 0.21mg (10.33%), Vitamin B12: 0.51µg (8.54%), Fiber: 2.1g (8.4%), Vitamin D: 0.27µg (1.81%)