



## Zesty Roasted Chicken Breast

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## 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:1.56, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:4.1265217519325%

## Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 71.29kcal (3.56%), Fat: 2.78g (4.27%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.49g (1.66%), Cholesterol: 19.96mg (6.65%), Sodium: 166.1mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin B3: 2.92mg (14.59%), Selenium: 9.33µg (13.33%), Vitamin B6: 0.2mg (10.05%), Phosphorus: 84.87mg (8.49%), Potassium: 182.24mg (5.21%), Calcium:

42.06mg (4.21%), Vitamin B5: 0.41mg (4.09%), Vitamin C: 3.26mg (3.95%), Magnesium: 13.37mg (3.34%), Vitamin B2: 0.06mg (3.34%), Iron: 0.53mg (2.96%), Zinc: 0.4mg (2.65%), Vitamin E: 0.37mg (2.44%), Copper: 0.05mg (2.39%), Vitamin B1: 0.04mg (2.37%), Folate: 8.83µg (2.21%), Vitamin K: 2.1µg (2%), Vitamin A: 100.25IU (2%), Manganese: 0.04mg (1.88%), Vitamin B12: 0.09µg (1.55%), Fiber: 0.38g (1.53%)