

# Caprese Grilled Chicken

Robyn Stone, Carrollton, GA - [addapinch.com](http://addapinch.com)

*Southern Living Magazine - July 2013*

## Servings: 6

*1/2 cup good-quality balsamic vinegar*

*1 tablespoon butter*

*Kosher salt (to taste)*

*freshly ground black pepper (to taste)*

*6 large tomato slices*

*6 skinned and boned chicken breasts*

*12 fresh basil leaves*

*12 slices fresh mozzarella cheese*

*torn basil (for garnish)*

Preheat the grill to 350 to 400 degrees (medium-high heat).

In a two-quart saucepan over medium-high heat, cook the balsamic vinegar for 4 to 5 minutes or until slightly thickened. Remove from the heat and whisk in the butter.

Sprinkle salt and pepper, to taste, over the tomato slices and chicken breasts.

Grill the chicken, covered with the grill lid, for 6 to 8 minutes on each side or until done.

Brush the chicken with two tablespoons of the balsamic mixture. Top each breast with two fresh basil leaves and two slices of the mozzarella cheese.

Cover with the grill lid and grill for 3 minutes or just until the cheese melts.

Remove from the grill. Top each chicken breast with one tomato slice. Drizzle with the remaining balsamic sauce. Top with torn basil.

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Per Serving (excluding unknown items): 281 Calories; 5g Fat (16.5% calories from fat); 55g Protein; 1g Carbohydrate; trace Dietary Fiber; 142mg Cholesterol; 175mg Sodium. Exchanges: 7 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Chicken, Grilled

**Calories (kcal):** 281  
**% Calories from Fat:** 16.5%  
**% Calories from Carbohydrates:** 1.4%  
**% Calories from Protein:** 82.0%  
**Total Fat (g):** 5g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** 8g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 142mg  
**Carbohydrate (g):** 1g  
**Dietary Fiber (g):** trace  
**Protein (g):** 55g  
**Sodium (mg):** 175mg  
**Potassium (mg):** 651mg  
**Calcium (mg):** 29mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 302IU  
**Vitamin A (r.e.):** 53RE

**Vitamin B6 (mg):** 1.3mg  
**Vitamin B12 (mcg):** .9mcg  
**Thiamin B1 (mg):** .2mg  
**Riboflavin B2 (mg):** .2mg  
**Folacin (mcg):** 13mcg  
**Niacin (mg):** 27mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 7 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 281 **Calories from Fat:** 46

### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	2g	10%
<b>Cholesterol</b>	142mg	47%
<b>Sodium</b>	175mg	7%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	1%
<b>Protein</b>	55g	
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<b>Vitamin A</b>		6%
<b>Vitamin C</b>		11%
<b>Calcium</b>		3%
<b>Iron</b>		10%

\* Percent Daily Values are based on a 2000 calorie diet.