

Sun-Dried Tomato Chicken

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-sun-dried-tomato-meatloaf-recipe>

Ingredients:

- 3 ounces sun dried tomatoes
- 3/4 cup water
- 2 pounds chicken thighs skin-on, boneless
- 2 tablespoons olive oil
- 1 cup heavy cream or half & half
- 1 cup Parmesan cheese shredded
- 1/2 teaspoon red pepper flakes
- 1 tablespoon fresh parsley to garnish, optional
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 940 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 305 milligrams
4. Fat: 75 grams
5. Fiber: 3 grams
6. Protein: 52 grams
7. SaturatedFat: 31 grams
8. Sodium: 1340 milligrams
9. Sugar: 8 grams

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