



Almond-Stuffed Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 0.3 cup alouette garlic & herbs spreadable cheese light (such as Boursin)
- 3 tablespoons parsley fresh divided chopped
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 0.3 cup slivered almonds divided toasted coarsely chopped

Equipment

- bowl
- frying pan

Directions

- Combine spreadable cheese, 3 tablespoons almonds, and 2 tablespoons chopped fresh parsley in a small bowl. Set aside.
- Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff 1 1/2 tablespoons almond mixture into each pocket; secure each pocket with a wooden pick.
- Sprinkle chicken with salt and pepper.
- Heat butter in a large nonstick skillet over medium heat.
- Add chicken to pan; cook 6 minutes on each side or until done.
- Remove from pan; cover and let stand 2 minutes. Top chicken with remaining 1 tablespoon almonds and remaining 1 tablespoon parsley.

Nutrition Facts

PROTEIN 49.61% **FAT 46.05%** **CARBS 4.34%**

Properties

Glycemic Index:31, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:20.849999909816%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 313.34kcal (15.67%), Fat: 15.87g (24.42%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.32g (0.36%), Cholesterol: 133.37mg (44.46%), Sodium: 604.18mg (26.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.48g (76.96%), Vitamin B3: 18.03mg (90.13%),

Selenium: 54.74µg (78.19%), Vitamin B6: 1.29mg (64.32%), Vitamin K: 49.88µg (47.5%), Phosphorus: 392.06mg (39.21%), Vitamin B5: 2.47mg (24.71%), Potassium: 697.63mg (19.93%), Magnesium: 64.21mg (16.05%), Vitamin B2: 0.25mg (14.76%), Vitamin E: 2.12mg (14.12%), Manganese: 0.2mg (10.06%), Vitamin B1: 0.13mg (8.37%), Zinc: 1.23mg (8.22%), Vitamin C: 6.03mg (7.31%), Vitamin A: 351.36IU (7.03%), Copper: 0.12mg (6.09%), Iron: 1.08mg (6%), Vitamin B12: 0.34µg (5.72%), Fiber: 0.97g (3.9%), Folate: 14.41µg (3.6%), Calcium: 31.99mg (3.2%), Vitamin D: 0.17µg (1.13%)