



Almond-Stuffed Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 0.3 cup 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 56.94% **FAT 40.26%** **CARBS 2.8%**

Properties

Glycemic Index:37.75, Glycemic Load:0.17, Inflammation Score:0, Nutrition Score:22.011739347292%

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: 286.25kcal (14.31%), Fat: 12.52g (19.27%), Saturated Fat: 4g (24.99%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.35g (0.39%), Cholesterol: 122.31mg (40.77%), Sodium: 563.41mg (24.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.71%), Vitamin B3: 18.03mg (90.16%), Selenium:

57.4µg (82%), Vitamin B6: 1.29mg (64.64%), Vitamin K: 50.1µg (47.72%), Phosphorus: 435.19mg (43.52%), Vitamin B5: 2.51mg (25.1%), Potassium: 704.88mg (20.14%), Vitamin B2: 0.29mg (17.2%), Magnesium: 66.75mg (16.69%), Vitamin E: 2.19mg (14.59%), Zinc: 1.58mg (10.53%), Manganese: 0.2mg (10.11%), Calcium: 98.56mg (9.86%), Vitamin A: 445.71IU (8.91%), Vitamin B1: 0.13mg (8.55%), Vitamin B12: 0.44µg (7.39%), Vitamin C: 6.03mg (7.31%), Copper: 0.12mg (6.25%), Iron: 1.1mg (6.09%), Folate: 16.39µg (4.1%), Fiber: 0.97g (3.9%), Vitamin D: 0.23µg (1.51%)