



Apple-Bacon Stuffed Chicken Breasts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

Ingredients

- 1 cup apple juice
- 2 tablespoons apple juice
- 2 slices bacon diced
- 2 tablespoons butter
- 4 skinned and boned chicken breast halves
- 2 teaspoons cornstarch
- 0.5 cup cranberries dried divided
- 1 tablespoon breadcrumbs dry fine

- 2 tablespoons parsley fresh chopped
- 0.5 cup apples i use 2 granny smith apples peeled chopped
- 0.5 teaspoon ground cinnamon
- 0.3 cup pecans coarsely chopped
- 0.5 teaspoon poultry seasoning
- 0.3 teaspoon salt
- 1 tablespoon water

Equipment

- frying pan

Directions

- Cook bacon in a large skillet over medium heat until crisp; remove bacon, reserving 1 tablespoon drippings in skillet.
- Saut chopped apple in reserved drippings over medium-high heat 4 minutes.
- Remove from heat; stir in bacon, 1/4 cup cranberries, and next 3 ingredients.
- Cut a 3 1/2-inch-long horizontal slit through the thickest portion of each chicken breast, cutting to, but not through, other side, forming a pocket. Stuff apple mixture evenly into each pocket. Wipe skillet clean.
- Melt butter in skillet over medium heat.
- Add chicken, and cook 8 to 10 minutes on each side or until done.
- Remove chicken, and keep warm.
- Add remaining 1/4 cup cranberries, apple juice, apple brandy, and salt to skillet. Stir together cornstarch and 1 tablespoon water until smooth; stir into juice mixture, and cook, stirring constantly, 1 minute or until thickened. Spoon over chicken, and sprinkle with pecans and parsley.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:3.77, Inflammation Score:-5, Nutrition Score:17.010869440825%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 4.51mg, Epicatechin: 4.51mg, Epicatechin: 4.51mg, Epicatechin: 4.51mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 374.65kcal (18.73%), Fat: 18.29g (28.13%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 24.59g (8.94%), Sugar: 19.77g (21.96%), Cholesterol: 79.58mg (26.53%), Sodium: 438.74mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.26%), Vitamin B3: 12.66mg (63.3%), Selenium: 39.48µg (56.39%), Vitamin B6: 0.92mg (46.19%), Vitamin K: 37.02µg (35.25%), Phosphorus: 287.42mg (28.74%), Manganese: 0.51mg (25.48%), Vitamin B5: 1.84mg (18.35%), Potassium: 583.92mg (16.68%), Vitamin B1: 0.19mg (12.94%), Magnesium: 46.87mg (11.72%), Vitamin B2: 0.17mg (9.77%), Vitamin A: 477.1IU (9.54%), Fiber: 2.32g (9.28%), Zinc: 1.2mg (8%), Copper: 0.15mg (7.63%), Vitamin C: 5.52mg (6.69%), Iron: 1.16mg (6.43%), Vitamin E: 0.95mg (6.36%), Vitamin B12: 0.3µg (4.95%), Calcium: 33.48mg (3.35%), Folate: 12.63µg (3.16%), Vitamin D: 0.16µg (1.05%)