



Apple, Currant, and Caraway Stuffed Chicken Breasts

READY IN



60 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 1 cup unfiltered apple cider
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon caraway seeds
- ☐ 1 cup chicken broth
- ☐ 3 tablespoons currants dried
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 apples i use 2 granny smith apples

- ☐ 1 medium onion chopped
- ☐ 0.5 cup coarse rye bread crumbs fresh with or without seeds)
- ☐ 0.5 teaspoon salt
- ☐ 2 lb chicken breast halves boneless skinless
- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 tablespoons vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan

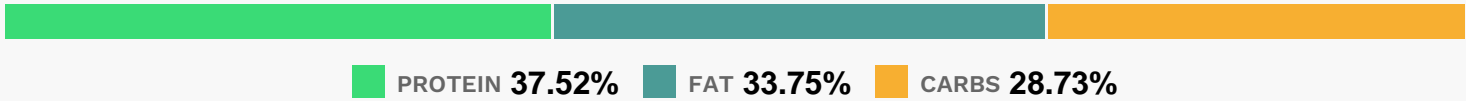
Directions

- ☐ Peel and core apple and cut into 1/4-inch dice. Melt butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté caraway seeds, stirring, 1 minute.
- ☐ Add onion and sauté, stirring, until softened, about 6 minutes.
- ☐ Add apple and celery and sauté, stirring occasionally, until crisp-tender, about 4 minutes.
- ☐ Remove from heat and stir in remaining stuffing ingredients. Cool stuffing completely.
- ☐ Preheat oven to 425°F.
- ☐ Pat chicken dry and arrange, skinned sides down, on a work surface.
- ☐ Remove tender (fillet strip on side where breast bone was) from each breast half if attached and reserve for another use.
- ☐ Beginning at center of thicker end of breast, insert a small knife horizontally, stopping about 1 inch from opposite end. Open incision with your fingers to create a 1-inch-wide pocket. Pack one sixth of stuffing into each pocket.
- ☐ Pat chicken dry and season with salt.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken in 2 batches, about 2 minutes on each side, transferring to a small roasting pan

as browned (reserve skillet).

- ☐ Roast chicken in middle of oven until just cooked through, 14 to 16 minutes.
- ☐ While chicken is roasting, stir flour into fat remaining in skillet and cook roux over moderately low heat, stirring, 1 minute.
- ☐ Whisk in cider and broth and bring to a boil, whisking, then boil, whisking occasionally, until thickened and reduced to about 1 cup, about 8 minutes.
- ☐ Let chicken stand 5 minutes, then cut each breast half diagonally into thirds.
- ☐ Add any juices from roasting pan and salt and pepper to taste to sauce and spoon over chicken.

Nutrition Facts



Properties

Glycemic Index:52.68, Glycemic Load:9.41, Inflammation Score:-6, Nutrition Score:21.708695598271%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.14mg, Epicatechin: 4.14mg, Epicatechin: 4.14mg, Epicatechin: 4.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 373.62kcal (18.68%), Fat: 13.94g (21.45%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 23.86g (8.68%), Sugar: 13.35g (14.83%), Cholesterol: 112.6mg (37.53%), Sodium: 641.46mg (27.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.76%), Vitamin B3: 16.89mg (84.46%), Selenium: 55.16µg (78.8%), Vitamin B6: 1.22mg (60.76%), Vitamin K: 49.41µg (47.06%), Phosphorus: 368.43mg (36.84%), Vitamin B5: 2.33mg (23.3%), Potassium: 778.33mg (22.24%), Vitamin B2: 0.28mg (16.47%), Manganese: 0.33mg (16.3%), Vitamin B1: 0.23mg (15.57%), Magnesium: 58.15mg (14.54%), Fiber: 2.84g (11.36%), Vitamin C: 8.75mg (10.6%), Folate: 38.16µg (9.54%), Iron: 1.66mg (9.22%), Vitamin A: 457.33IU (9.15%), Zinc: 1.27mg (8.44%), Copper: 0.14mg (6.79%), Vitamin E: 0.91mg (6.05%), Vitamin B12: 0.32µg (5.37%), Calcium: 47.32mg (4.73%), Vitamin D:

0.26µg (1.71%)