



Apple Stuffed Chicken Breast

READY IN



40 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apples chopped
- ☐ 1 tablespoon bread crumbs dried italian-style
- ☐ 1 tablespoon butter
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped for garnish
- ☐ 2 tablespoons cheddar cheese shredded
- ☐ 2 chicken breasts boneless skinless
- ☐ 1 tablespoon water

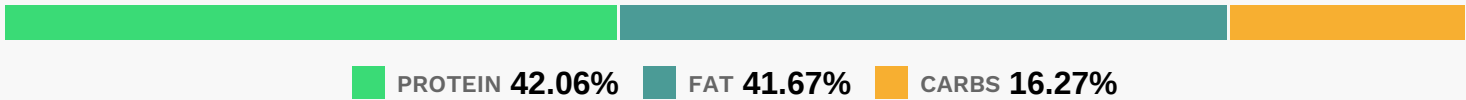
Equipment

- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ Combine apple, cheese, and bread crumbs. Set aside.
- ☐ Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.
- ☐ Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts.
- ☐ Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.
- ☐ Transfer chicken to a serving platter.
- ☐ Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened.
- ☐ Pour gravy over chicken, and garnish with parsley.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:7.6352174100669%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg,

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 140.36kcal (7.02%), Fat: 5.91g (9.1%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.95g (2.17%), Cholesterol: 47.94mg (15.98%), Sodium: 135.86mg (5.91%), Alcohol: 1.54g (100%), Alcohol %: 1.9% (100%), Protein: 13.43g (26.86%), Vitamin B3: 6.11mg (30.53%), Selenium: 19.98µg (28.55%), Vitamin B6: 0.44mg (22.2%), Vitamin K: 17.43µg (16.6%), Phosphorus: 148.18mg (14.82%), Vitamin B5: 0.86mg (8.61%), Potassium: 250.99mg (7.17%), Vitamin B2: 0.09mg (5.52%), Magnesium: 19.82mg (4.96%), Vitamin A: 239.68IU (4.79%), Vitamin B1: 0.07mg (4.4%), Calcium: 42.08mg (4.21%), Zinc: 0.56mg (3.73%), Vitamin C: 2.73mg (3.31%), Vitamin B12: 0.17µg (2.88%), Manganese: 0.06mg (2.84%), Iron: 0.46mg (2.57%), Fiber: 0.53g (2.11%), Folate: 8.07µg (2.02%), Vitamin E: 0.26mg (1.72%), Copper: 0.03mg (1.52%)