



## Artichoke and Goat Cheese-Stuffed Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

### Ingredients

- 6 artichoke hearts canned rinsed drained chopped
- 0.3 teaspoon pepper black divided freshly ground
- 1.5 teaspoons olive oil extravirgin
- 0.3 cup basil fresh chopped
- 2 ounces goat cheese crumbled
- 0.5 cup italian-seasoned breadcrumbs
- 1.5 tablespoons juice of lemon fresh
- 6 cups baby greens mixed
- 1 bell pepper red rinsed drained chopped

- 0.1 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 3 quarts water

## Equipment

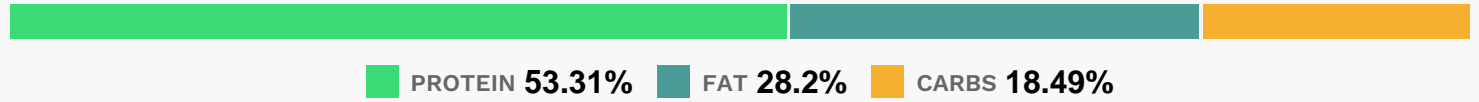
- bowl
- frying pan
- pot
- plastic wrap
- meat tenderizer

## Directions

- Combine first 5 ingredients in a medium bowl; stir until well blended.
- Slice each breast half lengthwise, cutting to, but not through, other side. Open halves, laying breast flat.
- Place each breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken with salt and 1/8 teaspoon pepper.
- Divide artichoke mixture into 4 equal portions; spoon each portion down center of each breast half, leaving a 1/2-inch border at each end. Fold sides over filling.
- Place a 2-foot-long sheet of heavy-duty plastic wrap on a work surface with 1 long side hanging over the counter's edge 2 inches.
- Place a stuffed breast half, seam side down, on the end farthest from you; tightly roll the chicken toward you, jelly-roll fashion. Twist the ends in opposite directions to form a cylinder. Tie plastic wrap in tight knots against the chicken on each end. Trim off excess wrap close to the knots.
- Place a second 2-foot-long sheet of heavy-duty plastic wrap on the work surface; place rolled chicken on wrap, and repeat procedure. Repeat with remaining breast halves.
- Bring 3 quarts water to a boil in a large stockpot; add chicken. Simmer 15 minutes (do not boil), turning occasionally.

- Remove from water, and let stand 10 minutes before unwrapping and cutting into 1/2-inch-thick slices.
- Combine greens, juice, olive oil, and remaining 1/8 teaspoon pepper in a large bowl; toss well.
- Place about 1 cup greens mixture on each of 4 plates. Top each serving with 1 chicken breast half.

## Nutrition Facts



### Properties

Glycemic Index:33.5, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:27.70391282828%

### Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 321.62kcal (16.08%), Fat: 9.87g (15.19%), Saturated Fat: 3.47g (21.71%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 13.11g (4.77%), Sugar: 2.4g (2.66%), Cholesterol: 115.53mg (38.51%), Sodium: 580.53mg (25.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.99g (83.98%), Vitamin B3: 19.37mg (96.84%), Selenium: 58.82µg (84.03%), Vitamin B6: 1.48mg (73.75%), Vitamin C: 56.89mg (68.96%), Phosphorus: 452.66mg (45.27%), Vitamin A: 1919.62IU (38.39%), Vitamin B5: 2.79mg (27.92%), Potassium: 845.58mg (24.16%), Vitamin B2: 0.34mg (20.22%), Vitamin B1: 0.3mg (19.93%), Magnesium: 72.17mg (18.04%), Copper: 0.34mg (17.16%), Manganese: 0.34mg (17.14%), Folate: 64.41µg (16.1%), Vitamin K: 16.29µg (15.51%), Iron: 2.22mg (12.31%), Zinc: 1.62mg (10.8%), Calcium: 90.43mg (9.04%), Vitamin E: 1.1mg (7.3%), Vitamin B12: 0.42µg (6.99%), Fiber: 1.46g (5.82%), Vitamin D: 0.23µg (1.51%)