



Artichoke-and-Goat Cheese-Stuffed Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke bottoms canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup chives divided chopped
- ☐ 1 teaspoon cornstarch
- ☐ 1.5 teaspoons thyme leaves fresh divided chopped
- ☐ 2 ounces goat cheese crumbled
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1.5 teaspoons lemon rind divided grated
- ☐ 2 teaspoons olive oil divided
- ☐ 6 ounce chicken breast halves boneless skinless

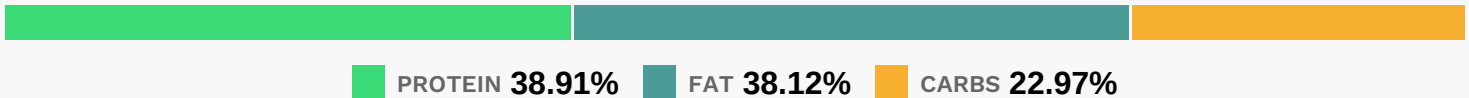
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Drain artichokes in a colander over a bowl, reserving liquid. Coarsely chop artichokes.
- ☐ Combine artichokes, cheese, 2 tablespoons chives, 1 teaspoon thyme, and 1 teaspoon lemon rind in a medium bowl.
- ☐ Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 1/4 cup artichoke mixture into pockets.
- ☐ Sprinkle chicken with pepper.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 breast halves; cook 6 to 8 minutes on each side or until chicken is done.
- ☐ Remove chicken from pan; keep warm. Repeat with 1 teaspoon oil and 4 chicken breast halves.
- ☐ Add reserved artichoke liquid, 1/2 teaspoon thyme, and 1/2 teaspoon lemon rind to pan.
- ☐ Combine lemon juice and cornstarch; add to pan. Bring to a boil; cook 1 minute, stirring constantly. Return chicken to pan. Cover and simmer 2 minutes or until thoroughly heated. Spoon sauce over chicken. Top with 2 tablespoons chives.
- ☐ carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:4.2256521362325%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 73.51kcal (3.68%), Fat: 3.07g (4.73%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.92g (1.02%), Cholesterol: 16.87mg (5.62%), Sodium: 195.8mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Iron: 3.29mg (18.3%), Vitamin B3: 2.27mg (11.34%), Selenium: 7.03µg (10.04%), Vitamin B6: 0.18mg (9.13%), Phosphorus: 64.39mg (6.44%), Vitamin C: 5.3mg (6.43%), Vitamin A: 226.99IU (4.54%), Vitamin B5: 0.36mg (3.64%), Fiber: 0.88g (3.51%), Vitamin K: 3.54µg (3.37%), Copper: 0.06mg (3.18%), Vitamin B2: 0.05mg (3.08%), Potassium: 91.81mg (2.62%), Magnesium: 8.18mg (2.05%), Calcium: 16.16mg (1.62%), Manganese: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.39%), Vitamin E: 0.21mg (1.38%), Zinc: 0.21mg (1.37%)