



Baked Chicken with Apple Stuffing

READY IN



75 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs dry
- 3 eggs
- 2 cups milk
- 1 delicious apple diced red cored peeled
- 4 chicken breast halves boneless skinless
- 8 ounce bread stuffing mix dry
- 1 tablespoon water

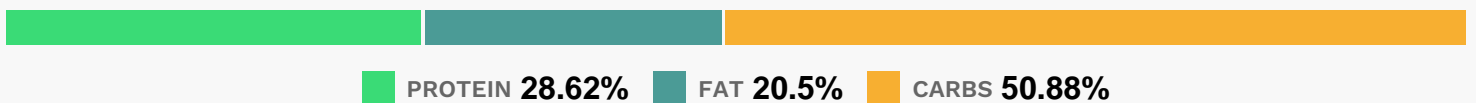
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Pour the milk into a shallow bowl. In a separate bowl, whisk together the eggs and water.
- Place the bread crumbs in a shallow dish or on a plate. Dip the chicken breast halves into the milk, then into the egg, then press into the bread crumbs to coat.
- Place on a plate, and set aside.
- Prepare the stuffing mix according to the package directions, but substituting apple juice for the water. When bringing the juice and butter to a boil, add the diced apple with peel to the pan. Stir in the stuffing mix until the liquid is absorbed.
- Transfer the stuffing to a baking dish, and top with the pieces of the remaining apple.
- Place the chicken breasts on top of the stuffing, and cover with aluminum foil.
- Bake for 45 to 50 minutes, or until the chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:3.82, Inflammation Score:-7, Nutrition Score:30.263913092406%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 598.38kcal (29.92%), Fat: 13.41g (20.62%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 74.85g (24.95%), Net Carbohydrates: 70.73g (25.72%), Sugar: 17.09g (18.98%), Cholesterol: 210.29mg (70.1%), Sodium: 1219.2mg (53.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.11g (84.22%), Selenium: 82.63µg (118.04%), Vitamin B3: 17.04mg (85.2%), Vitamin B6: 1.11mg (55.72%), Phosphorus: 555.36mg (55.54%), Vitamin B1: 0.76mg (50.71%), Vitamin B2: 0.78mg (45.99%), Folate: 145.54µg (36.38%), Manganese: 0.63mg (31.6%), Vitamin B5: 2.97mg (29.74%), Calcium: 281.44mg (28.14%), Potassium: 887.72mg (25.36%), Iron: 4.51mg (25.08%), Vitamin B12: 1.28µg (21.41%), Magnesium: 84.58mg (21.15%), Zinc: 2.52mg (16.79%), Fiber: 4.12g (16.49%), Vitamin D: 2.12µg (14.1%), Copper: 0.27mg (13.61%), Vitamin A: 435.44IU (8.71%), Vitamin E: 0.94mg (6.27%), Vitamin C: 3.45mg (4.18%), Vitamin K: 4.1µg (3.9%)