



## Baked Chicken with Apple Stuffing

READY IN



75 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter or as needed
- 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

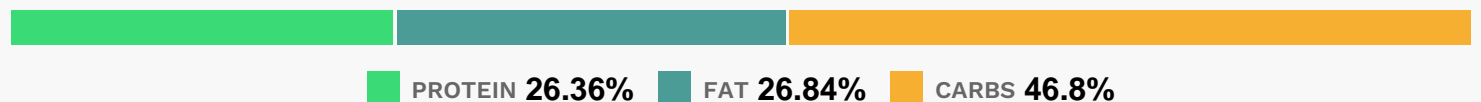
## Equipment

- 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:30, Glycemic Load:3.83, Inflammation Score:-7, Nutrition Score:30.526086973107%

## 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 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: 648.57kcal (32.43%), Fat: 19.08g (29.36%), Saturated Fat: 8.36g (52.23%), Carbohydrates: 74.86g  
(24.95%), Net Carbohydrates: 70.74g (25.72%), Sugar: 17.09g (18.99%), Cholesterol: 225.34mg (75.11%), Sodium:  
1264.21mg (54.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.17g (84.34%), Selenium: 82.7µg  
(118.14%), Vitamin B3: 17.04mg (85.22%), Vitamin B6: 1.11mg (55.73%), Phosphorus: 557.04mg (55.7%), Vitamin B1:  
0.76mg (50.73%), Vitamin B2: 0.78mg (46.13%), Folate: 145.75µg (36.44%), Manganese: 0.63mg (31.6%), Vitamin  
B5: 2.98mg (29.81%), Calcium: 283.12mg (28.31%), Potassium: 889.4mg (25.41%), Iron: 4.52mg (25.09%), Vitamin  
B12: 1.3µg (21.6%), Magnesium: 84.72mg (21.18%), Zinc: 2.53mg (16.83%), Fiber: 4.12g (16.49%), Vitamin D: 2.12µg  
(14.1%), Copper: 0.27mg (13.61%), Vitamin A: 610.37IU (12.21%), Vitamin E: 1.1mg (7.36%), Vitamin K: 4.59µg (4.37%),  
Vitamin C: 3.45mg (4.18%)