



## Blue Cheese-Stuffed Chicken with Buffalo Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 1.5 tablespoons butter divided
- 1 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 1 teaspoon garlic fresh minced
- 0.5 teaspoon hot sauce
- 1 teaspoon juice of lemon fresh

- 2 tablespoons milk 2% reduced-fat
- 1 tablespoon cream sour reduced-fat
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 6 tablespoons roasted peppers red drained finely chopped
- 24 ounce chicken breast halves boneless skinless
- 2 teaspoons water
- 1 teaspoon worcestershire sauce

## Equipment

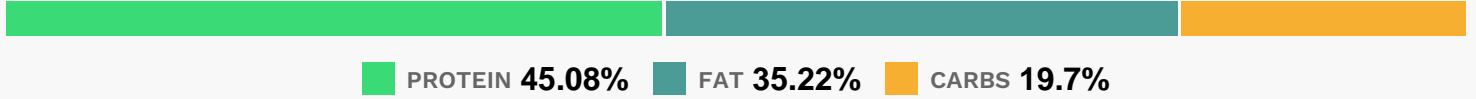
- bowl
- frying pan
- sauce pan
- oven
- whisk

## Directions

- Preheat oven to 35
- Combine first 4 ingredients in a small bowl.
- Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff cheese mixture evenly into pockets.
- Place flour in a shallow dish.
- Combine milk and egg in a shallow dish, stirring well with a whisk.
- Place panko in a shallow dish. Working with 1 chicken breast half at a time, dredge chicken in flour, then dip in egg mixture; dredge in panko. Repeat procedure with remaining chicken, flour, egg mixture, and panko.
- Heat a large ovenproof skillet over medium-high heat.
- Add 1 tablespoon butter to pan; swirl until butter melts. Arrange chicken in pan; cook 4 minutes or until browned. Turn chicken over; place skillet in oven.
- Bake at 350 for 20 minutes or until done.

- While chicken bakes, combine remaining 1 1/2 teaspoons butter, bell peppers, water, Worcestershire, and garlic in a small saucepan over medium heat. Bring to a simmer; cook until butter melts.
- Remove from heat, and stir in hot sauce.
- Serve sauce with chicken.

## Nutrition Facts



### Properties

Glycemic Index:53.5, Glycemic Load:4.48, Inflammation Score:-6, Nutrition Score:24.107391222664%

### Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 401.73kcal (20.09%), Fat: 15.34g (23.59%), Saturated Fat: 7.2g (45.01%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 18.1g (6.58%), Sugar: 1.65g (1.84%), Cholesterol: 178.93mg (59.64%), Sodium: 864.44mg (37.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.17g (88.33%), Vitamin B3: 19.5mg (97.52%), Selenium: 67.27µg (96.1%), Vitamin B6: 1.39mg (69.72%), Phosphorus: 487.03mg (48.7%), Vitamin B5: 3.03mg (30.26%), Vitamin B2: 0.41mg (24.11%), Potassium: 789mg (22.54%), Vitamin B1: 0.34mg (22.49%), Vitamin C: 13.68mg (16.59%), Magnesium: 61.44mg (15.36%), Calcium: 145.98mg (14.6%), Manganese: 0.28mg (13.94%), Folate: 52.97µg (13.24%), Zinc: 1.91mg (12.71%), Iron: 2.26mg (12.57%), Vitamin B12: 0.74µg (12.3%), Vitamin A: 493.19IU (9.86%), Copper: 0.15mg (7.33%), Fiber: 1.19g (4.76%), Vitamin E: 0.64mg (4.3%), Vitamin D: 0.5µg (3.31%), Vitamin K: 2.27µg (2.16%)