




Bob's Mexican Stuffed Chicken


 **Gluten Free**  **Very Healthy**

READY IN




70 min.

SERVINGS



4

CALORIES



715 kcal

SIDE DISH

Ingredients

- 4 chicken breast halves – pounded boneless skinless thin
- 1 tablespoon chili powder
- 2 cups corn flakes crushed
- 0.3 cup mushrooms fresh chopped
- 0.3 cup orange bell pepper chopped
- 0.3 cup bell pepper red chopped
- 0.5 medium onion diced red
- 0.3 cup salsa

- 1.3 ounce fajita seasoning dry
- 1 cup cheddar cheese shredded divided
- 0.3 cup bell pepper yellow chopped
- 4 servings toothpicks
- 4 servings toothpicks

Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.
- In a shallow bowl, mix the corn flakes, chili powder, and fajita seasoning. In a separate bowl, mix the red bell pepper, yellow bell pepper, orange bell pepper, mushrooms, and onion.
- Dredge the chicken in the corn flakes mixture to evenly coat.
- Sprinkle one side of each breast with 2 tablespoons Cheddar cheese, and layer with 1/4 the vegetable mixture. Top with equal amounts salsa. Carefully roll the breast halves over the filling. Seal seams with toothpicks, then dredge again in the corn flakes mixture.
- Arrange the rolled chicken breasts in the prepared baking dish.
- Bake 30 minutes in the preheated oven. Top with remaining cheese, and continue baking 10 minutes, or until chicken juices run clear and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:58.299130481222%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 715.21kcal (35.76%), Fat: 13.82g (21.27%), Saturated Fat: 6.42g (40.11%), Carbohydrates: 111.72g (37.24%), Net Carbohydrates: 102.22g (37.17%), Sugar: 13.99g (15.54%), Cholesterol: 100.57mg (33.52%), Sodium: 1321.73mg (57.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.43g (82.87%), Iron: 38.57mg (214.27%), Vitamin B3: 34.38mg (171.88%), Vitamin B6: 3.24mg (162.12%), Vitamin B2: 2.16mg (127.13%), Folate: 470.27µg (117.57%), Vitamin B1: 1.72mg (114.52%), Vitamin B12: 6.44µg (107.39%), Vitamin C: 68.84mg (83.44%), Selenium: 55.79µg (79.7%), Vitamin A: 3855.85IU (77.12%), Vitamin K: 60.63µg (57.74%), Phosphorus: 529.81mg (52.98%), Manganese: 0.77mg (38.66%), Fiber: 9.51g (38.03%), Calcium: 371.92mg (37.19%), Vitamin D: 4.56µg (30.38%), Magnesium: 118.31mg (29.58%), Potassium: 937.48mg (26.79%), Vitamin B5: 2.34mg (23.43%), Vitamin E: 3.47mg (23.14%), Zinc: 3.36mg (22.42%), Copper: 0.41mg (20.28%)