



Brandy and Orange Chicken Breasts Topped with Stuffed Shrimp

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 jiggers brandy
- ☐ 2 slices bread and buttered diced white toasted thin
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter melted
- ☐ 1 rib celery finely chopped
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 8 jumbo shrimp deveined peeled
- ☐ 1 sprigs parsley and navel oranges sliced for plate garnish

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 1 large orange zest
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 1 teaspoon poultry seasoning
- ☐ 0.3 bell pepper red finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 pieces chicken breast boneless skinless
- ☐ 0.5 teaspoon paprika sweet
- ☐ 6 ounces weight drained

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

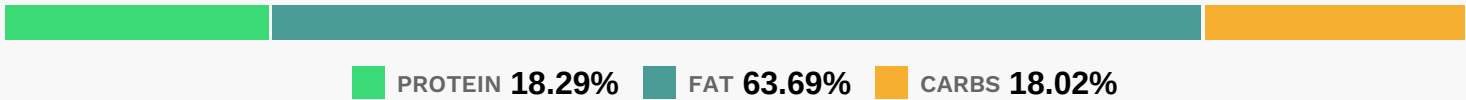
Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ To a small skillet over moderate heat add extra-virgin olive oil, 1 turn of the pan, and 2 tablespoons butter. When butter melts, add celery, onion and red bell pepper.
- ☐ Saute vegetables 5 minutes.
- ☐ Add crab to the vegetables and season with thyme or poultry seasoning, paprika, salt and pepper. Fold a few handfuls of diced toasted bread into the stuffing to combine. The stuffing will take 1 1/2 to 2 slices.
- ☐ Add parsley to the stuffing and remove from heat.
- ☐ Brush a baking dish with melted butter. Butterfly shrimp by cutting along the deveining line, into and almost through the shrimps.
- ☐ Place the butterflied shrimp in your hand, the butterflied side down. Dab the shrimp with melted butter and place a rounded spoonful of crab stuffing onto the shrimp. Set the shrimp

upright on the baking dish with the stuffing exposed and the tail upright.

- ☐ Place the baking dish in the preheated oven.
- ☐ Bake 6 to 8 minutes or until shrimp are pink and firm and stuffing is browned.
- ☐ Season chicken breasts with poultry seasoning or ground thyme, salt and pepper. In a second skillet over medium high heat add the oil and cook the breasts 5 minutes on each side, then remove to a serving plate.
- ☐ Add brandy to the pan and cook alcohol off 1 minute.
- ☐ Add butter and orange zest to the brandy. Spoon brandy orange butter over the chicken and top each breast with 2 stuffed shrimp.
- ☐ Garnish the platter or individual dinner plates with parsley sprigs and sliced oranges

Nutrition Facts



Properties

Glycemic Index:85.92, Glycemic Load:4.12, Inflammation Score:-8, Nutrition Score:17.286086943244%

Flavonoids

Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg, Naringenin: 2.5mg Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 312.89kcal (15.64%), Fat: 22.43g (34.5%), Saturated Fat: 10.18g (63.62%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.07g (4.39%), Sugar: 5.06g (5.63%), Cholesterol: 88.33mg (29.44%), Sodium: 570.22mg (24.79%), Alcohol: 0.25g (100%), Alcohol %: 0.18% (100%), Protein: 14.49g (28.98%), Vitamin B12: 3.86µg (64.32%), Vitamin K: 48.7µg (46.38%), Vitamin C: 37.73mg (45.73%), Selenium: 20.22µg (28.88%), Copper: 0.53mg (26.46%), Vitamin A: 1125.2IU (22.5%), Zinc: 3.11mg (20.75%), Phosphorus: 181.22mg (18.12%), Manganese: 0.31mg (15.57%), Folate: 57.72µg (14.43%), Vitamin E: 1.74mg (11.61%), Magnesium: 45.1mg (11.28%), Vitamin B6: 0.18mg (9.13%), Potassium: 316.27mg (9.04%), Calcium: 89.13mg (8.91%), Fiber: 2.21g (8.85%), Vitamin B3: 1.71mg (8.56%), Iron: 1.49mg (8.29%), Vitamin B1: 0.12mg (8.01%), Vitamin B2: 0.1mg (6%), Vitamin B5: 0.47mg (4.75%)