



Brie-and-Caramelized Onion-Stuffed Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces camembert cheese cut into small pieces (2 tablespoons)
- ☐ 0.7 cup cooking wine dry white divided
- ☐ 2 garlic cloves minced
- ☐ 4 garlic cloves thinly sliced
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 1 teaspoon olive oil divided
- ☐ 1.5 cups onion sliced

- ☐ 2 tablespoons onion minced
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 16 ounce skinned
- ☐ 1 tablespoon or dried fresh chopped

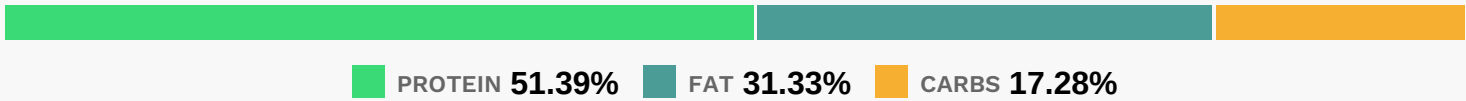
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add sliced onion; saut 30 minutes or until golden brown.
- ☐ Add sliced garlic; saut 5 minutes. Stir in 1/3 cup wine; cook 5 minutes or until liquid almost evaporates. Spoon onion mixture into a bowl; let cool. Stir in Brie, salt, and pepper.
- ☐ Cut a horizontal slit through the thickest portion of each chicken breast half to form a pocket. Stuff about 1 1/2 tablespoons of the onion mixture into each pocket.
- ☐ Heat 1/2 teaspoon oil in skillet over medium-high heat.
- ☐ Add chicken; saut 6 minutes on each side or until chicken is done.
- ☐ Remove chicken from skillet. Set aside; keep warm.
- ☐ Add 1/3 cup wine, minced onion, sage, and minced garlic to skillet. Cook over medium-high heat for 2 minutes. Stir in broth. Bring to a boil, and cook 7 minutes or until reduced to 3/4 cup. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated.
- ☐ Serve sauce with chicken.
- ☐ Garnish with fresh sage, if desired.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.94, Inflammation Score:-6, Nutrition Score:16.148695909459%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.29mg, Quercetin: 13.29mg, Quercetin: 13.29mg, Quercetin: 13.29mg

Nutrients (% of daily need)

Calories: 259.78kcal (12.99%), Fat: 7.98g (12.28%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 8.49g (3.09%), Sugar: 3.36g (3.73%), Cholesterol: 82.78mg (27.59%), Sodium: 351.34mg (15.28%), Alcohol: 4.12g (100%), Alcohol %: 1.67% (100%), Protein: 29.46g (58.92%), Vitamin B3: 13.12mg (65.58%), Selenium: 39.37µg (56.24%), Vitamin B6: 1.06mg (52.82%), Phosphorus: 343.14mg (34.31%), Vitamin B5: 1.93mg (19.35%), Potassium: 657.63mg (18.79%), Vitamin B2: 0.24mg (13.83%), Manganese: 0.25mg (12.61%), Magnesium: 46.94mg (11.73%), Calcium: 98.93mg (9.89%), Vitamin K: 10.28µg (9.79%), Vitamin C: 7.74mg (9.38%), Zinc: 1.3mg (8.7%), Vitamin B1: 0.12mg (8.09%), Vitamin B12: 0.49µg (8.09%), Folate: 27.59µg (6.9%), Iron: 1.1mg (6.09%), Copper: 0.12mg (5.83%), Fiber: 1.42g (5.67%), Vitamin A: 181.8IU (3.64%), Vitamin E: 0.44mg (2.96%), Vitamin D: 0.17µg (1.13%)