



Brie and Sage Stuffed Chicken

 Gluten Free

READY IN



31 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 5 ounces brie cheese chilled
- 1 tablespoon dijon mustard
- 18 large sage leaves fresh divided
- 1 clove garlic minced
- 1 tablespoon maple syrup
- 0.3 teaspoon pepper
- 6 slices pancetta

- 0.3 teaspoon salt
- 6 chicken breasts boneless skinless
- 0.5 cup heinz tomato ketchup

Equipment

- toothpicks
- grill
- kitchen thermometer
- aluminum foil

Directions

- Preheat the grill to medium-high.
- Cut the cheese into 6 equal portions. Top each piece of cheese with two sage leaves and wrap with a slice of ham.
- Place each cheese bundle on one side of a butterflied chicken breast. Fold the chicken over to enclose the filling and secure closed with toothpicks.
- Sprinkle evenly with salt and pepper.
- Chop the remaining sage. Stir the ketchup with the balsamic vinegar, maple syrup, mustard, garlic and chopped sage until combined. Divide glaze in half.
- Brush one portion over the chicken.
- Place the chicken on the grill and reduce the temperature to medium. Grill the chicken for 6 minutes; turn and baste with the remaining sauce. Grill for an additional 10 minutes, or until an instant read thermometer inserted into the thickest portion of meat registers 165 degrees F (74 degrees C).
- Remove from grill, tent with foil and let rest for 5 minutes. Slice meat thickly and fan to serve.

Nutrition Facts



Properties

Glycemic Index:34.58, Glycemic Load:1.59, Inflammation Score:-4, Nutrition Score:15.468260902426%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 279.98kcal (14%), Fat: 12.76g (19.63%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 9.46g (3.44%), Sugar: 7.6g (8.45%), Cholesterol: 101.22mg (33.74%), Sodium: 640.68mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.62%), Vitamin B3: 12.5mg (62.52%), Selenium: 42.26µg (60.37%), Vitamin B6: 0.96mg (48.15%), Phosphorus: 303.6mg (30.36%), Copper: 0.43mg (21.55%), Vitamin B2: 0.32mg (18.84%), Vitamin B5: 1.84mg (18.39%), Potassium: 549.91mg (15.71%), Vitamin B12: 0.66µg (10.93%), Magnesium: 41mg (10.25%), Zinc: 1.4mg (9.34%), Manganese: 0.17mg (8.73%), Vitamin B1: 0.12mg (8.1%), Calcium: 62.02mg (6.2%), Vitamin A: 281.59IU (5.63%), Folate: 21.88µg (5.47%), Iron: 0.77mg (4.28%), Vitamin E: 0.61mg (4.05%), Vitamin C: 2.34mg (2.84%), Vitamin D: 0.26µg (1.75%), Vitamin K: 1.55µg (1.48%)