



Broccoli-Stuffed Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



336 kcal

SIDE DISH

Ingredients

- 12 ounces chicken breast halves boneless skinless
- 1 teaspoon poultry seasoning
- 0.5 teaspoon pepper white
- 0.5 teaspoon curry powder
- 0.5 teaspoon garlic powder
- 0.3 teaspoon salt
- 1 cup broccoli fresh finely chopped
- 0.5 cup cheddar cheese shredded

0.5 cup chicken broth

Equipment

frying pan

oven

baking pan

toothpicks

aluminum foil

Directions

Preheat oven to 350°. Flatten chicken to 1/4-in. thickness.

Combine poultry seasoning, pepper, curry powder, garlic powder and salt; sprinkle over chicken.

Combine broccoli and cheese; place half the mixture in the center of each chicken breast. Fold long sides over filling; fold ends up and secure with toothpicks.

Place, seam side down, in an 8-in. square baking pan; add broth. Cover pan loosely with foil.

Bake 30 minutes.

Remove foil; baste the chicken with pan juices.

Bake, uncovered, until chicken is no longer pink, about 10 minutes longer.

Remove toothpicks before serving. If desired, thicken pan juices for gravy.

Nutrition Facts


PROTEIN 53.87% **FAT 39.25%** **CARBS 6.88%**

Properties

Glycemic Index:34.5, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:27.289999992951%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 336.31kcal (16.82%), Fat: 14.46g (22.24%), Saturated Fat: 6.5g (40.6%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.08g (1.48%), Sugar: 1.16g (1.29%), Cholesterol: 138.29mg (46.1%), Sodium: 906.24mg (39.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.65g (89.29%), Selenium: 64.11µg (91.59%), Vitamin B3: 18.22mg (91.1%), Vitamin B6: 1.4mg (70.12%), Phosphorus: 525.42mg (52.54%), Vitamin K: 54.45µg (51.86%), Vitamin C: 41.58mg (50.4%), Vitamin B5: 2.8mg (28.04%), Calcium: 245.71mg (24.57%), Potassium: 824.65mg (23.56%), Vitamin B2: 0.39mg (22.7%), Magnesium: 66.23mg (16.56%), Zinc: 2.33mg (15.5%), Manganese: 0.27mg (13.37%), Vitamin A: 640.64IU (12.81%), Vitamin B1: 0.17mg (11.19%), Vitamin B12: 0.65µg (10.86%), Folate: 43.01µg (10.75%), Iron: 1.65mg (9.19%), Vitamin E: 1.03mg (6.87%), Fiber: 1.62g (6.49%), Copper: 0.11mg (5.34%), Vitamin D: 0.34µg (2.26%)