



Bruschetta 'n Cheese-Stuffed Chicken Breasts

READY IN



60 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

Ingredients

- 14 oz canned tomatoes diced with basil, garlic and oregano, undrained canned
- 0.3 cup basil fresh chopped
- 1.3 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 0.3 cup roasted pepper dressing red italian kraft
- 2 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken

Equipment

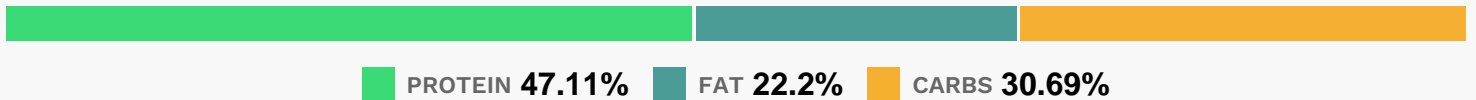
- bowl

- oven
- baking pan
- ziploc bags

Directions

- Heat oven to 350F.
- Combine tomatoes, 1/2 cup cheese and basil in medium bowl.
- Add stuffing mix; stir just until moistened.
- Place 2 chicken breasts in freezer-weight resealable plastic bag. Pound chicken to 1/4-inch thickness.
- Remove chicken from bag; place, top sides down, on work surface. Repeat with remaining chicken breasts. Spoon stuffing mixture over chicken.
- Roll chicken breasts up, starting at one short end of each.
- Place, seam sides down, in 13x9-inch baking dish; drizzle with dressing.
- Bake 40 min. or until chicken is done (165F). Top with remaining cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:18.453478559204%

Nutrients (% of daily need)

Calories: 272.89kcal (13.64%), Fat: 6.61g (10.16%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 18.85g (6.85%), Sugar: 4.14g (4.6%), Cholesterol: 83.99mg (28%), Sodium: 683.98mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.54g (63.09%), Selenium: 49.33µg (70.47%), Vitamin B3: 13.72mg (68.58%), Vitamin B6: 0.98mg (48.99%), Phosphorus: 366.6mg (36.66%), Vitamin B5: 1.86mg (18.56%), Calcium: 183.73mg (18.37%), Potassium: 642.67mg (18.36%), Vitamin B2: 0.28mg (16.5%), Vitamin B1: 0.24mg (16.09%), Magnesium: 53.06mg (13.26%), Manganese: 0.25mg (12.69%), Folate: 49.72µg (12.43%), Iron: 1.98mg (11.02%), Vitamin C: 8.77mg (10.63%), Zinc: 1.49mg (9.93%), Copper: 0.19mg (9.34%), Fiber: 1.71g (6.82%), Vitamin E: 0.95mg (6.31%), Vitamin B12: 0.37µg (6.24%), Vitamin K: 6.48µg (6.17%), Vitamin A: 295.18IU (5.9%), Vitamin D: 0.17µg (1.11%)