



Bruschetta 'n Cheese Stuffed-Chicken Breasts

READY IN



60 min.

SERVINGS



8

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 19 ounce canned tomatoes diced with garlic and olive oil, undrained canned
- 0.3 cup basil fresh chopped
- 0.3 cup signature roasted pepper red with parmesan dressing kraft
- 1.3 cups mozzarella cheese shredded divided kraft
- 8 small chicken breasts boneless skinless
- 120 g stove top stuffing mix for chicken

Equipment

- bowl

- oven
- baking pan
- ziploc bags
- cutting board
- meat tenderizer

Directions

- Heat oven to 350 degrees F.
- Mix tomatoes, 1/2 cup cheese and basil in medium bowl.
- Add stuffing mix; stir just until moistened.
- Place 2 chicken breasts in large freezer-weight resealable plastic bag. Pound with meat mallet or side of heavy can until chicken is 1/4 inch thick.
- Remove from bag; place, top-sides down, on cutting board. Repeat with remaining chicken.
- Spread chicken with stuffing mixture. Starting at 1 narrow end, tightly roll up each breast.
- Place, seam-sides down, in 13x9-inch baking dish.
- Drizzle with dressing.
- Bake 40 minutes or until chicken is done (170 degrees F).
- Sprinkle with remaining cheese; bake 5 minutes or until melted.

Nutrition Facts

PROTEIN 47.46% **FAT 26.3%** **CARBS 26.24%**

Properties

Glycemic Index:16.88, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:18.313913189847%

Nutrients (% of daily need)

Calories: 261.99kcal (13.1%), Fat: 7.56g (11.63%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 15.13g (5.5%), Sugar: 4.39g (4.87%), Cholesterol: 86.29mg (28.76%), Sodium: 620.32mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.39%), Vitamin B3: 13.53mg (67.65%), Selenium: 46.76µg (66.8%), Vitamin B6: 0.99mg (49.41%), Phosphorus: 343.53mg (34.35%), Potassium: 676.31mg (19.32%), Vitamin B5: 1.89mg (18.86%), Vitamin B2: 0.26mg (15.32%), Vitamin B1: 0.22mg (14.61%), Calcium: 135.19mg

(13.52%), Magnesium: 53.47mg (13.37%), Manganese: 0.25mg (12.62%), Vitamin C: 10.4mg (12.6%), Iron: 2.01mg (11.18%), Vitamin B12: 0.63µg (10.47%), Folate: 41.14µg (10.29%), Copper: 0.2mg (10.09%), Zinc: 1.5mg (10.03%), Vitamin E: 1.15mg (7.68%), Fiber: 1.84g (7.37%), Vitamin A: 367.16IU (7.34%), Vitamin K: 7.47µg (7.12%), Vitamin D: 0.18µg (1.22%)