



Cheddar-Stuffed Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 3 ounces cheddar cheese
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup salsa
- ☐ 1 serving cilantro leaves fresh chopped

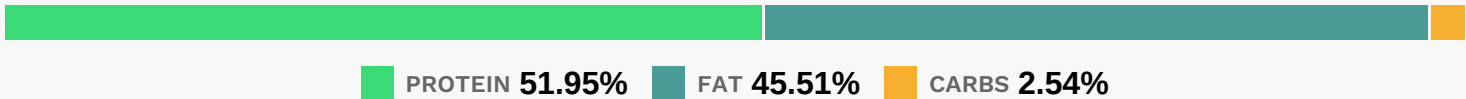
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Heat oven to 375°F. Spray square pan, 9x9x2 inches, with cooking spray. Flatten each chicken breast half to 1/4-inch thickness between sheets of plastic wrap or waxed paper.
- ☐ Sprinkle with salt and pepper.
- ☐ Cut cheese into 4 slices, about 3x1x1/4 inches.
- ☐ Place 1 slice cheese on center of each chicken breast half.
- ☐ Roll chicken around cheese, folding in sides.
- ☐ Brush butter over chicken rolls.
- ☐ Place chicken, seam sides down, in pan.
- ☐ Bake uncovered about 30 minutes or until chicken is no longer pink in center.
- ☐ Serve with salsa.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:16.687391462533%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.54kcal (13.93%), Fat: 13.75g (21.16%), Saturated Fat: 5.48g (34.22%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.69g (0.77%), Cholesterol: 111.98mg (37.33%), Sodium: 588.47mg (25.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.65%), Vitamin B3: 14.98mg (74.9%), Selenium: 51.53µg (73.61%), Vitamin B6: 1.11mg (55.28%), Phosphorus: 401.27mg (40.13%), Vitamin B5: 2.15mg (21.45%), Potassium: 586.05mg (16.74%), Calcium: 163.67mg (16.37%), Vitamin B2: 0.24mg (14.25%), Magnesium: 45.36mg (11.34%), Zinc: 1.64mg (10.91%), Vitamin A: 461.14IU (9.22%), Vitamin B12: 0.51µg (8.54%), Vitamin B1: 0.1mg

(6.87%), Vitamin E: 0.74mg (4.92%), Iron: 0.64mg (3.56%), Manganese: 0.06mg (2.91%), Copper: 0.06mg (2.88%), Folate: 10.86µg (2.71%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.27µg (1.8%), Vitamin K: 1.76µg (1.67%), Fiber: 0.32g (1.3%)