



Cheese-Stuffed Chicken in Phyllo

READY IN



32 min.

SERVINGS



8

CALORIES



590 kcal

SIDE DISH

Ingredients

- 8 servings butter melted
- 8 skinned and boned chicken breast halves
- 8 ounce cream cheese softened
- 1 egg yolk lightly beaten
- 2 ounces feta cheese crumbled
- 1 tablespoon flour all-purpose
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground nutmeg
- 8 servings salad greens mixed

- 1 medium onion chopped
- 0.5 teaspoon pepper
- 16 sheets phyllo pastry frozen thawed
- 1 teaspoon salt
- 2 ounces cheddar cheese shredded
- 4 ounces mozzarella cheese shredded
- 4 cups pkt spinach fresh chopped
- 2 tablespoons vegetable oil

Equipment

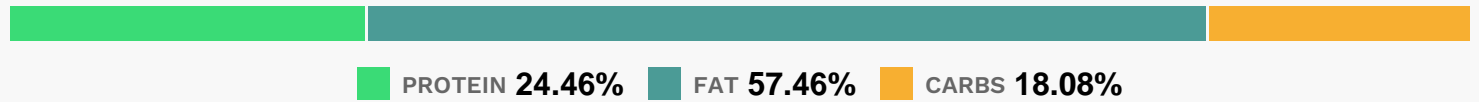
- frying pan
- oven
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/8-inch thickness, using a meat mallet or rolling pin.
- Sprinkle evenly with salt and pepper, and set aside.
- Saut spinach and onion in hot oil in a large skillet over medium-high heat 3 to 4 minutes or until onion is tender.
- Remove from heat, and stir in cream cheese until blended. Stir in mozzarella cheese and next 6 ingredients.
- Spoon 1/4 cup spinach mixture on center of each chicken breast half, and roll up, jellyroll fashion.
- Unfold phyllo sheets on a lightly floured surface. Stack 2 phyllo sheets, brushing with melted butter between sheets. (Keep remaining phyllo sheets covered with plastic wrap to prevent drying out.)

- Place 1 chicken roll on short side of phyllo stack; gently roll up, folding in long side. Repeat procedure with remaining pastry, melted butter, and chicken.
- Place rolls in a shallow pan, and brush with melted butter.
- Bake at 350 for 35 to 40 minutes or until done.
- Serve on a bed of mixed greens, if desired.

Nutrition Facts



Properties

Glycemic Index:48.38, Glycemic Load:8.86, Inflammation Score:-9, Nutrition Score:28.177826249081%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 590.05kcal (29.5%), Fat: 37.51g (57.71%), Saturated Fat: 14.22g (88.89%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 25.17g (9.15%), Sugar: 2g (2.23%), Cholesterol: 149.85mg (49.95%), Sodium: 1066.52mg (46.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.94g (71.87%), Selenium: 54.9µg (78.43%), Vitamin K: 81.38µg (77.51%), Vitamin B3: 13.86mg (69.3%), Vitamin A: 3008.23IU (60.16%), Vitamin B6: 1mg (50.11%), Phosphorus: 443.69mg (44.37%), Vitamin B2: 0.51mg (30.2%), Folate: 97.04µg (24.26%), Vitamin B1: 0.35mg (23.05%), Calcium: 226.54mg (22.65%), Manganese: 0.45mg (22.55%), Vitamin B5: 2.16mg (21.64%), Potassium: 690.57mg (19.73%), Vitamin C: 15.91mg (19.28%), Magnesium: 63mg (15.75%), Iron: 2.68mg (14.91%), Vitamin B12: 0.86µg (14.41%), Zinc: 2.12mg (14.12%), Vitamin E: 1.67mg (11.1%), Copper: 0.13mg (6.62%), Fiber: 1.38g (5.53%), Vitamin D: 0.36µg (2.41%)