



Cheese-Stuffed Italian Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.8 teaspoon basil dried divided
- ☐ 0.3 cup breadcrumbs dry
- ☐ 0.3 cup bell pepper green minced
- ☐ 2 tablespoons dressing fat-free italian
- ☐ 0.1 teaspoon paprika
- ☐ 3 ounce part-skim mozzarella cheese sticks
- ☐ 0.1 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless

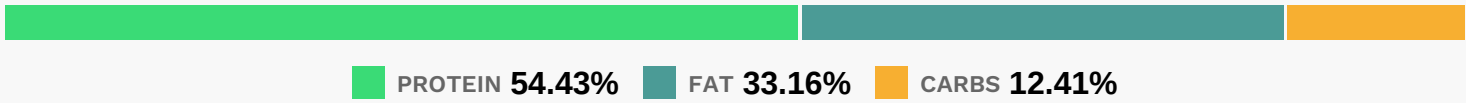
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 40
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken evenly with salt, 1/4 teaspoon basil, and crushed red pepper.
- ☐ Sprinkle each chicken breast half with 1 tablespoon minced bell pepper.
- ☐ Place 1 cheese stick lengthwise down center.
- ☐ Roll up jelly roll fashion.
- ☐ Brush rolls evenly with Italian dressing.
- ☐ Combine paprika and breadcrumbs; dredge chicken breast rolls in breadcrumb mixture, turning to coat.
- ☐ Place on a baking sheet coated with cooking spray seam side down. Lightly coat chicken rolls with cooking spray.
- ☐ Sprinkle evenly with remaining basil.
- ☐ Bake at 400 for 15 minutes or until done.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:15.20130421286%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 229.57kcal (11.48%), Fat: 8.21g (12.62%), Saturated Fat: 3.1g (19.34%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.31g (2.3%), Sugar: 1.66g (1.84%), Cholesterol: 86.18mg (28.73%), Sodium: 457.26mg (19.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.62%), Vitamin B3: 12.38mg (61.91%), Selenium: 41.23µg (58.89%), Vitamin B6: 0.9mg (45.21%), Phosphorus: 351.71mg (35.17%), Calcium: 190.93mg (19.09%), Vitamin B5: 1.68mg (16.83%), Potassium: 481.65mg (13.76%), Vitamin B2: 0.21mg (12.46%), Vitamin C: 8.88mg (10.76%), Magnesium: 40.19mg (10.05%), Vitamin B1: 0.15mg (9.94%), Zinc: 1.38mg (9.21%), Vitamin K: 9.02µg (8.59%), Vitamin B12: 0.42µg (7.08%), Manganese: 0.12mg (5.82%), Iron: 1.05mg (5.81%), Vitamin A: 242.51IU (4.85%), Folate: 15.25µg (3.81%), Vitamin E: 0.52mg (3.5%), Copper: 0.07mg (3.32%), Fiber: 0.6g (2.39%), Vitamin D: 0.18µg (1.18%)