



## Cheesy Rice-Stuffed Chicken Breasts

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



38 kcal

SIDE DISH

### Ingredients

- 1 cup broccoli frozen thawed chopped
- 2 Tbsp philadelphia cream cheese softened
- 1 cup rice white instant cooked
- 0.3 cup classic ranch dressing kraft
- 1 cup cheddar cheese shredded kraft
- 2 lb chicken breasts boneless skinless

### Equipment

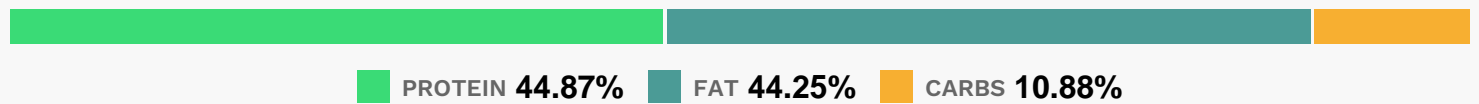
- oven

- baking pan
- cutting board

## Directions

- Preheat oven to 350F.
- Mix cheeses, rice and broccoli until well blended; set aside.
- Place chicken breasts, top-sides down, on large cutting board; spread evenly with rice mixture. Starting at one of the short ends, tightly roll up each chicken breast; place, seam-side down, in 13x9-inch baking dish.
- Drizzle evenly with dressing.
- Bake 35 to 40 min. or until chicken is cooked through (170F).

## Nutrition Facts



## Properties

Glycemic Index:1.56, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.2473913068357%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 37.78kcal (1.89%), Fat: 1.81g (2.79%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.1g (0.12%), Cholesterol: 13.43mg (4.48%), Sodium: 44.7mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin B3: 1.78mg (8.92%), Selenium: 6.13µg (8.75%), Vitamin B6: 0.13mg (6.49%), Phosphorus: 48.81mg (4.88%), Vitamin K: 3.19µg (3.04%), Vitamin B5: 0.27mg (2.66%), Potassium: 69.33mg (1.98%), Vitamin C: 1.63mg (1.97%), Vitamin B2: 0.03mg (1.75%), Calcium: 17.16mg (1.72%), Magnesium: 5.43mg (1.36%), Zinc: 0.2mg (1.31%), Folate: 4.29µg (1.07%)