

food
network



HEALTH SCORE

51%

Chicken Breast Spanaki



Gluten Free

READY IN



61 min.

SERVINGS



8

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large chicken breasts
- ☐ 1 pound feta cheese crumbled
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 1 pound pkt spinach frozen washed
- ☐ 2 stalks green onions fresh chopped
- ☐ 1 tablespoon ground pepper
- ☐ 8 servings optional: lemon
- ☐ 0.5 cup olive oil

- ☐ 8 servings olive oil
- ☐ 1 medium onion chopped
- ☐ 8 servings oregano
- ☐ 2 eggs whole

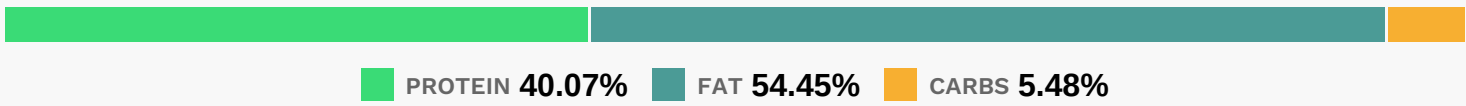
Equipment

- ☐ bowl
- ☐ pot
- ☐ broiler

Directions

- ☐ Pour olive oil in pot over medium heat and add both types of onion.
- ☐ Saute for 1 minute, and then add spinach.
- ☐ Saute for approximately 10 minutes.
- ☐ Preheat the broiler.
- ☐ Pour spinach mixture in a bowl and cool.
- ☐ Add dill, eggs, feta and pepper to spinach mixture and mix very well.
- ☐ Butterfly chicken breasts and fill with spinach/feta mixture. Close the breast and broil for 10 minutes on each side. After 15 minutes, douse chicken breasts with olive oil, lemon and oregano, and serve.

Nutrition Facts



Properties

Glycemic Index:20.44, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:43.36086957351%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin:

0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 601.98kcal (30.1%), Fat: 36.25g (55.77%), Saturated Fat: 11.53g (72.07%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.28g (1.43%), Cholesterol: 236.02mg (78.67%), Sodium: 969.8mg (42.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.03g (120.06%), Vitamin K: 236.19µg (224.94%), Vitamin A: 7294.55IU (145.89%), Selenium: 87.8µg (125.43%), Vitamin B3: 24.57mg (122.85%), Vitamin B6: 2.09mg (104.57%), Phosphorus: 726.06mg (72.61%), Vitamin B2: 0.9mg (53.21%), Vitamin B5: 4.05mg (40.55%), Calcium: 402.84mg (40.28%), Potassium: 1165.14mg (33.29%), Manganese: 0.66mg (32.97%), Vitamin E: 4.92mg (32.77%), Folate: 126.77µg (31.69%), Magnesium: 121.51mg (30.38%), Vitamin B12: 1.51µg (25.14%), Zinc: 3.51mg (23.37%), Vitamin B1: 0.3mg (20.31%), Iron: 3.31mg (18.4%), Vitamin C: 13.64mg (16.54%), Fiber: 2.83g (11.31%), Copper: 0.2mg (9.99%), Vitamin D: 0.67µg (4.49%)