



Chicken Breasts Stuffed with Artichokes, Lemon, and Goat Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounce goat cheese softened
- ☐ 2.5 tablespoons seasoned bread crumbs
- ☐ 2 teaspoons lemon zest grated
- ☐ 6 ounce marinated artichoke drained chopped
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

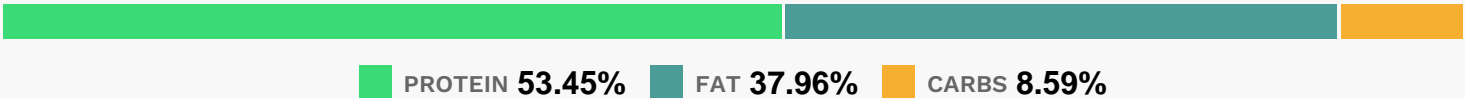
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients; stir well.
- ☐ 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. Top each breast half with 2 tablespoons cheese mixture; roll up jelly-roll fashion. Tuck in sides; secure each roll with wooden picks.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken to pan, and cook 3 minutes on each side or until browned. Wrap the handle of pan with foil, and bake at 375 for 15 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:20.07043499532%

Nutrients (% of daily need)

Calories: 321.54kcal (16.08%), Fat: 13.06g (20.1%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.35g (1.95%), Sugar: 1.02g (1.13%), Cholesterol: 118.71mg (39.57%), Sodium: 666.08mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.39g (82.77%), Vitamin B3: 18.22mg (91.12%), Selenium: 56.58µg (80.83%), Vitamin B6: 1.34mg (67%), Phosphorus: 423.02mg (42.3%), Vitamin B5: 2.61mg (26.12%), Potassium: 652.62mg (18.65%), Vitamin B2: 0.28mg (16.34%), Vitamin C: 12.43mg (15.07%), Vitamin A: 709.16IU (14.18%), Magnesium: 50.87mg (12.72%), Vitamin B1: 0.18mg (12.3%), Copper: 0.22mg (10.98%), Iron: 1.67mg

(9.27%), Zinc: 1.28mg (8.51%), Vitamin B12: 0.4µg (6.71%), Manganese: 0.12mg (6.23%), Calcium: 60.14mg (6.01%), Fiber: 1.29g (5.18%), Folate: 16.94µg (4.24%), Vitamin K: 3.8µg (3.62%), Vitamin E: 0.38mg (2.54%), Vitamin D: 0.26µg (1.7%)