



WHATSheATE



Chicken Breasts Stuffed with Fontina, Artichokes, and Sun-Dried Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil dried
- ☐ 1 cup fontina grated
- ☐ 12 ounce marinated artichoke drained coarsely chopped
- ☐ 0.5 cup oil-packed sun-dried tomatoes packed drained coarsely chopped ()
- ☐ 2 tablespoons olive oil
- ☐ 20 ounce chicken breast halves boneless skinless

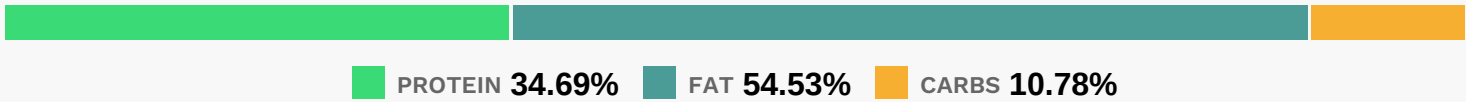
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 375°F.
- ☐ Mix artichokes, cheese, tomatoes, and basil in medium bowl. Using small sharp knife and working with 1 chicken breast at a time, cut 2-inch-long slit horizontally into 1 side of chicken breast. Move knife back and forth in slit to form pocket. Divide 1 cup cheese mixture among chicken pockets (reserve remainder for frittata). Press edges to seal.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat oil in heavy large ovenproof skillet over high heat.
- ☐ Add chicken; cook 2 minutes. Turn chicken over; transfer skillet to oven.
- ☐ Bake until cooked through, about 10 minutes.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:25.188695461854%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 483.2kcal (24.16%), Fat: 29.04g (44.67%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 9.14g (3.33%), Sugar: 6.55g (7.28%), Cholesterol: 129mg (43%), Sodium: 767.22mg (33.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.56g (83.12%), Vitamin B3: 16.13mg (80.64%), Selenium: 50.93µg (72.76%), Vitamin B6: 1.15mg (57.41%), Phosphorus: 463.54mg (46.35%), Vitamin C: 24.96mg (30.25%),

Potassium: 1043.58mg (29.82%), Vitamin K: 28.41µg (27.06%), Vitamin A: 1321.92IU (26.44%), Vitamin B5: 2.46mg (24.57%), Calcium: 243.19mg (24.32%), Iron: 3.4mg (18.89%), Manganese: 0.38mg (18.89%), Magnesium: 75.26mg (18.81%), Vitamin B2: 0.29mg (16.96%), Zinc: 2.32mg (15.48%), Fiber: 3.77g (15.08%), Vitamin B12: 0.84µg (13.96%), Copper: 0.26mg (13.14%), Vitamin B1: 0.17mg (11.4%), Vitamin E: 1.47mg (9.83%), Folate: 20.1µg (5.02%), Vitamin D: 0.34µg (2.26%)