



WHATSheATE



Chicken Breasts Stuffed with Garlic and Herbed Goat Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 garlic head whole
- ☐ 3 ounces goat cheese with herbs, softened
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 36 ounce chicken breast halves boneless skinless

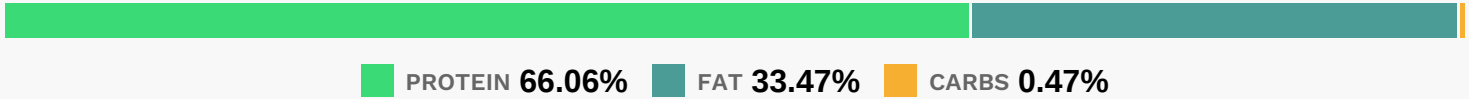
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Combine garlic pulp and cheese, stirring well; set aside.
- ☐ Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 4 teaspoons cheese mixture into each pocket.
- ☐ Sprinkle chicken evenly on both sides with salt and pepper.
- ☐ Heat oil in a large ovenproof skillet over medium-high heat.
- ☐ Add chicken to pan; cook 3 minutes or until lightly browned. Turn chicken over.
- ☐ Bake at 350 for 20 minutes or until a thermometer registers 165; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:17.297826106782%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 244.28kcal (12.21%), Fat: 8.73g (13.44%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.13g (0.15%), Cholesterol: 115.38mg (38.46%), Sodium: 443.41mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.79g (77.57%), Vitamin B3: 17.81mg (89.04%), Selenium:

54.91µg (78.44%), Vitamin B6: 1.32mg (65.81%), Phosphorus: 394.52mg (39.45%), Vitamin B5: 2.53mg (25.26%), Potassium: 637.32mg (18.21%), Vitamin B2: 0.22mg (13.22%), Magnesium: 46.91mg (11.73%), Vitamin B1: 0.12mg (8%), Copper: 0.15mg (7.68%), Zinc: 1.13mg (7.5%), Vitamin B12: 0.37µg (6.12%), Iron: 0.93mg (5.18%), Vitamin A: 198.41IU (3.97%), Vitamin E: 0.54mg (3.62%), Manganese: 0.07mg (3.49%), Calcium: 30.13mg (3.01%), Vitamin C: 2.2mg (2.66%), Folate: 8.55µg (2.14%), Vitamin K: 1.68µg (1.6%), Vitamin D: 0.23µg (1.51%)