



Chicken Breasts Stuffed with Goat Cheese and Basil

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 3 basil dried shredded crumbled
- ☐ 4 chicken breast halves boneless
- ☐ 0.5 cup breadcrumbs dry
- ☐ 0.3 cup wine dry white
- ☐ 1 eggs beaten to blend
- ☐ 4 ounces goat cheese fresh (such as Montrachet)
- ☐ 2 spring onion thinly sliced
- ☐ 0.7 cup chicken stock see canned

- ☐ 0.5 pound mushrooms sliced
- ☐ 4 servings salt and pepper
- ☐ 4 tablespoons butter unsalted chilled cut into 4 pieces ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ meat tenderizer

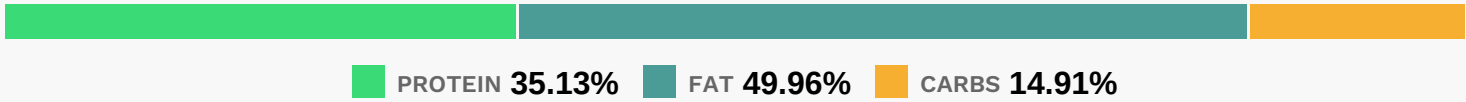
Directions

- ☐ Preheat oven to 350°F. Pound chicken between sheets of waxed paper to thickness of 1/4 inch using meat mallet. Pat chicken dry.
- ☐ Combine cheese, green onions and basil in small bowl. Season with salt and pepper.
- ☐ Spread cheese mixture lengthwise over half of each chicken piece. Tuck short ends in.
- ☐ Roll chicken up, starting at one long side, into tight cylinders. Tie ends with string to secure. Dip chicken in egg, allowing excess to drip into bowl.
- ☐ Roll in breadcrumbs, shaking off excess. (Can be prepared 4 hours ahead. Refrigerate.)
- ☐ Place chicken in 8-inch square baking dish.
- ☐ Pour 2 tablespoons melted butter over.
- ☐ Bake until cooked through, about 20 minutes.
- ☐ Meanwhile, melt 1/4 cup butter in heavy large skillet over medium heat.
- ☐ Add mushrooms and sauté until tender, about 8 minutes.
- ☐ Add wine and boil 3 minutes.
- ☐ Add stock and boil until liquid is reduced by half, about 6 minutes.
- ☐ Remove from heat and swirl in 4 tablespoons cold butter 1 piece at a time. Season sauce with salt and freshly ground pepper.
- ☐ Remove string from chicken.

- ☐
- Cut rolls crosswise into 1/2-inch-thick rounds. Fan on plates.

☐

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:26.610869386922%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 421.18kcal (21.06%), Fat: 22.83g (35.12%), Saturated Fat: 12.69g (79.34%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 12.87g (4.68%), Sugar: 3.23g (3.59%), Cholesterol: 157.58mg (52.53%), Sodium: 609.2mg (26.49%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 36.12g (72.23%), Vitamin B3: 15.69mg (78.46%), Selenium: 50.17µg (71.67%), Vitamin K: 66.64µg (63.46%), Vitamin B6: 1.09mg (54.37%), Phosphorus: 429.99mg (43%), Vitamin B2: 0.64mg (37.36%), Vitamin B5: 2.95mg (29.47%), Iron: 5mg (27.76%), Copper: 0.55mg (27.66%), Manganese: 0.52mg (26.07%), Potassium: 798.92mg (22.83%), Vitamin B1: 0.29mg (19.61%), Magnesium: 72.06mg (18.01%), Vitamin A: 819.35IU (16.39%), Calcium: 155.46mg (15.55%), Folate: 52.89µg (13.22%), Zinc: 1.87mg (12.48%), Fiber: 2.46g (9.85%), Vitamin B12: 0.47µg (7.86%), Vitamin E: 1.09mg (7.26%), Vitamin D: 0.77µg (5.13%), Vitamin C: 3.78mg (4.58%)