



WHATSheATE



Chicken Breasts Stuffed with Goat Cheese and Sun-Dried Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 2.5 tablespoons balsamic vinegar divided
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 2 ounces goat cheese crumbled
- ☐ 2 teaspoons olive oil divided
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup shallots divided chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1.5 teaspoons sugar
- ☐ 0.3 cup sun-dried tomatoes packed
- ☐ 1 cup water boiling
- ☐ 2 teaspoons water

Equipment

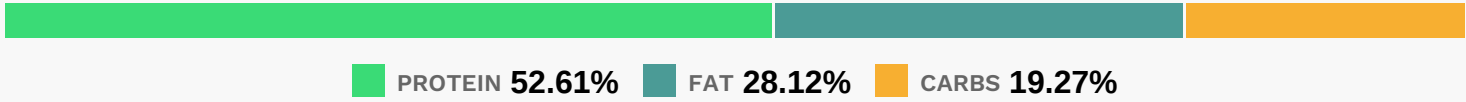
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine boiling water and tomatoes in a bowl; cover and let stand 30 minutes or until soft.
- ☐ Drain and finely chop.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add 1/3 cup shallots, sugar, and garlic; cook 4 minutes or until lightly browned, stirring frequently. Spoon into a bowl; stir in 1 1/2 teaspoons vinegar.
- ☐ Combine chopped tomatoes, shallot mixture, cheese, basil, and 1/4 teaspoon salt, stirring well.
- ☐ Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 2 tablespoons cheese mixture into each pocket.
- ☐ Sprinkle chicken evenly with 1/2 teaspoon salt and black pepper.
- ☐ Heat 1 teaspoon oil in pan over medium-high heat.
- ☐ Add chicken; cook 6 minutes on each side or until done.
- ☐ Remove chicken from pan; cover and keep warm.
- ☐ Add broth, remaining shallots, 2 tablespoons vinegar, and thyme; bring to a boil.

- ☐ Combine cornstarch and water, stirring with a whisk.
- ☐ Add cornstarch mixture to pan; bring to a boil. Cook 1 minute or until sauce is slightly thick, stirring constantly.
- ☐ Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:78.02, Glycemic Load:4.53, Inflammation Score:-6, Nutrition Score:22.863478194112%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 317.95kcal (15.9%), Fat: 9.8g (15.07%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 12.92g (4.7%), Sugar: 8.98g (9.98%), Cholesterol: 115.38mg (38.46%), Sodium: 878.94mg (38.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.47%), Vitamin B3: 18.96mg (94.78%), Selenium: 56.99µg (81.41%), Vitamin B6: 1.48mg (73.89%), Phosphorus: 454.81mg (45.48%), Potassium: 1083.69mg (30.96%), Vitamin B5: 2.86mg (28.65%), Manganese: 0.38mg (18.84%), Magnesium: 74.22mg (18.55%), Copper: 0.34mg (16.97%), Vitamin B2: 0.29mg (16.91%), Iron: 2.39mg (13.29%), Vitamin B1: 0.19mg (12.88%), Vitamin K: 11.34µg (10.8%), Vitamin C: 8.91mg (10.8%), Zinc: 1.48mg (9.87%), Fiber: 2.18g (8.74%), Vitamin B12: 0.45µg (7.54%), Vitamin A: 334.42IU (6.69%), Folate: 26.15µg (6.54%), Calcium: 63.25mg (6.33%), Vitamin E: 0.66mg (4.43%), Vitamin D: 0.23µg (1.51%)