



## Chicken Breasts Stuffed with Goat Cheese, Caramelized Spring Onions, and Thyme

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup cooking wine dry white
- 1 cup less-sodium chicken broth fat-free
- 1 tablespoon milk fat-free
- 1 tablespoon flat-leaf parsley fresh chopped
- 1.5 teaspoons thyme leaves fresh chopped
- 3 ounces goat cheese crumbled

- 1.5 teaspoons olive oil
- 0.8 teaspoon salt divided
- 36 ounce chicken breast halves boneless skinless
- 1 pound spring onion thinly sliced

## Equipment

- bowl
- frying pan

## Directions

- Heat oil in a large skillet over medium heat.
- Add onions, 1/4 teaspoon salt, and pepper to pan; cook 12 minutes, stirring frequently. Cover, reduce heat, and cook 8 minutes, stirring occasionally. Uncover and cook 5 minutes or until golden, stirring occasionally. Cool slightly.
- Combine onion mixture, 1/4 teaspoon salt, cheese, parsley, milk, and thyme in a small bowl, stirring with a fork.
- Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket; stuff 1 1/2 tablespoons cheese mixture into each pocket.
- Sprinkle chicken evenly with remaining 1/4 teaspoon salt.
- Return pan to medium-high heat. Coat pan with cooking spray.
- Add chicken to pan; saut 5 minutes; turn chicken over. Cover, reduce heat, and cook 10 minutes or until chicken is done.
- Remove chicken from pan; let stand 10 minutes.
- Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Cook until reduced by half (about 2 minutes).
- Add broth, and cook until reduced to 1/4 cup (about 9 minutes).
- Serve with chicken.

## Nutrition Facts

 **PROTEIN 61.02%**  **FAT 29.24%**  **CARBS 9.74%**

## Properties

Glycemic Index:31.54, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:26.772173580916%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

## Nutrients (% of daily need)

Calories: 284.08kcal (14.2%), Fat: 8.62g (13.26%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.27g (2.52%), Cholesterol: 115.46mg (38.49%), Sodium: 709.47mg (30.85%), Alcohol: 2.06g (100%), Alcohol %: 0.81% (100%), Protein: 40.48g (80.96%), Vitamin K: 168.84µg (160.8%), Vitamin B3: 18.45mg (92.27%), Selenium: 56.19µg (80.27%), Vitamin B6: 1.37mg (68.75%), Phosphorus: 432.95mg (43.29%), Vitamin B5: 2.65mg (26.46%), Potassium: 879.34mg (25.12%), Vitamin C: 17.94mg (21.75%), Vitamin A: 1036.64IU (20.73%), Vitamin B2: 0.3mg (17.75%), Magnesium: 65.57mg (16.39%), Folate: 58.77µg (14.69%), Iron: 2.27mg (12.61%), Copper: 0.23mg (11.28%), Vitamin B1: 0.17mg (11.09%), Manganese: 0.21mg (10.47%), Zinc: 1.47mg (9.82%), Calcium: 92.9mg (9.29%), Fiber: 2.08g (8.31%), Vitamin B12: 0.46µg (7.62%), Vitamin E: 0.91mg (6.1%), Vitamin D: 0.25µg (1.7%)