



Chicken Breasts Stuffed with Italian Sausage and Breadcrumbs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons celery finely chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 garlic clove halved
- ☐ 0.3 cup onion finely chopped

- ☐ 0.5 teaspoon salt divided
- ☐ 4 ounce sausage link italian
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 1.5 ounce sourdough bread toasted

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

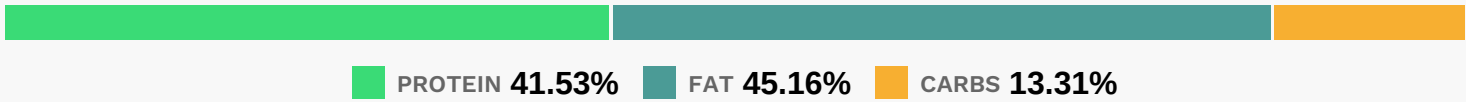
Directions

- ☐ Remove casing from sausage; crumble sausage.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sausage, onion, and celery; saut 5 minutes or until sausage is browned and onion is golden.
- ☐ Add wine to pan; cook 1 minute or until most of liquid is absorbed.
- ☐ Rub each side of bread with cut sides of garlic; discard garlic. Coarsely crumble bread; add to sausage mixture. Stir in parsley, 1/4 teaspoon salt, and pepper.
- ☐ Let stand 5 minutes or until liquid is absorbed; toss to combine.
- ☐ Place each chicken breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Place half of stuffing on one side of each chicken breast half, leaving a 1-inch border around sides. Fold remaining half of each chicken breast over stuffing, and secure with wooden picks.
- ☐ Sprinkle chicken with remaining 1/4 teaspoon salt.
- ☐ Heat a large skillet over medium-high heat. Coat the pan with cooking spray.
- ☐ Add stuffed chicken breast halves to pan; cook 3 minutes on each side.
- ☐ Add chicken broth, scraping pan to loosen browned bits. Cover, reduce heat, and simmer for 5 minutes or until chicken is done.
- ☐ Remove the wooden picks; slice breasts in half.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.13, Glycemic Load:4.68, Inflammation Score:-4, Nutrition Score:13.4399999909505%

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 Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 243.75kcal (12.19%), Fat: 11.42g (17.57%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 7.03g (2.56%), Sugar: 1.17g (1.3%), Cholesterol: 75.98mg (25.33%), Sodium: 781.69mg (33.99%), Alcohol: 1.54g (100%), Alcohol %: 1.06% (100%), Protein: 23.64g (47.27%), Selenium: 38.11µg (54.44%), Vitamin B3: 10.52mg (52.62%), Vitamin B6: 0.77mg (38.52%), Phosphorus: 241.63mg (24.16%), Vitamin B1: 0.3mg (20.11%), Vitamin K: 18.13µg (17.27%), Vitamin B5: 1.47mg (14.65%), Potassium: 453.27mg (12.95%), Vitamin B2: 0.19mg (11.37%), Magnesium: 33.62mg (8.4%), Vitamin B12: 0.48µg (8.08%), Zinc: 1.18mg (7.86%), Manganese: 0.15mg (7.67%), Iron: 1.26mg (7.02%), Folate: 24.08µg (6.02%), Vitamin C: 4.02mg (4.87%), Copper: 0.08mg (3.94%), Vitamin A: 128.67IU (2.57%), Calcium: 24.74mg (2.47%), Fiber: 0.55g (2.19%), Vitamin E: 0.21mg (1.37%)