



Chicken Breasts Stuffed with Neufchatel and Crabmeat

READY IN



80 min.

SERVINGS



4

CALORIES



427 kcal

SIDE DISH

Ingredients

- 4 ounces dungeness crabmeat fresh
- 2 eggs beaten
- 1 cup flour all-purpose
- 1 teaspoon optional: dill fresh chopped
- 2 tablespoons parsley fresh chopped
- 1 teaspoon garlic minced
- 0.1 teaspoon lemon pepper
- 4 slices sara lee® & grain bread whole white soft

- 3 ounces neufchâtel cheese softened
- 2 tablespoons onion minced
- 4 servings salt and pepper black freshly ground to taste
- 4 chicken breasts boneless skinless

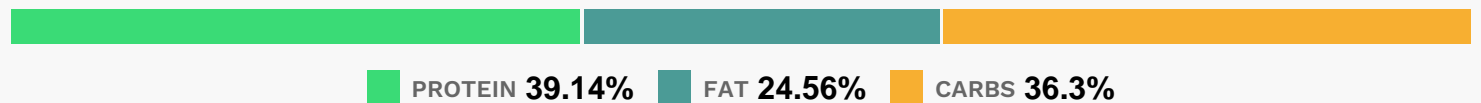
Equipment

- food processor
- bowl
- oven
- knife
- baking pan

Directions

- In a medium bowl combine the Neufchatel cheese, onion, parsley, dill, garlic and lemon pepper.
- Add crabmeat and mix thoroughly. Season with salt and pepper to taste. Cover, and refrigerate.
- Preheat oven to 375 degrees F (190 degrees C). Coat a 9x13 inch baking pan with cooking spray. In a food processor, process bread to create small crumbs.
- Using a small sharp knife, cut in half horizontally through the center of each chicken breast half, creating a pocket. Fill each pocket with 1/4 of the crab mixture. Then dip each chicken piece into flour, eggs, and finally bread crumbs to coat. Cover completely. Arrange in prepared baking pan.
- Bake in preheated oven for 40 minutes, or until chicken is cooked through and breading is golden brown.

Nutrition Facts



Properties

Glycemic Index:84.92, Glycemic Load:24.91, Inflammation Score:-7, Nutrition Score:28.880434637484%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 427.01kcal (21.35%), Fat: 11.36g (17.48%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 35.05g (12.75%), Sugar: 2.32g (2.57%), Cholesterol: 181.8mg (60.6%), Sodium: 598.46mg (26.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.74g (81.49%), Selenium: 71.83µg (102.61%), Vitamin B3: 15.28mg (76.42%), Vitamin B6: 1.03mg (51.34%), Vitamin B12: 3.04µg (50.62%), Phosphorus: 469.43mg (46.94%), Manganese: 0.89mg (44.48%), Vitamin K: 36.03µg (34.31%), Vitamin B1: 0.46mg (30.57%), Vitamin B2: 0.46mg (27.3%), Folate: 103.34µg (25.83%), Vitamin B5: 2.52mg (25.19%), Zinc: 3.55mg (23.68%), Copper: 0.43mg (21.56%), Magnesium: 78.45mg (19.61%), Potassium: 665.78mg (19.02%), Iron: 3.33mg (18.5%), Calcium: 112.25mg (11.23%), Fiber: 2.73g (10.93%), Vitamin A: 510.62IU (10.21%), Vitamin C: 6.63mg (8.03%), Vitamin E: 0.72mg (4.79%), Vitamin D: 0.55µg (3.69%)