


52%
HEALTH SCORE

Chicken Breasts Stuffed with Perfection

READY IN



165 min.

SERVINGS



6

CALORIES



634 kcal

SIDE DISH

Ingredients

- 6 chicken breast halves - pounded boneless skinless thin
- 1.5 cups feta cheese crumbled
- 1 teaspoon thyme leaves fresh chopped
- 3 cloves garlic minced
- 1 bunch green onions chopped
- 1 cup mushrooms sliced
- 8 ounce oil-packed sun-dried tomatoes chopped
- 0.8 cup parmesan cheese grated
- 0.1 teaspoon pepper

- 8 ounce salad dressing italian-style
- 0.5 cup cup heavy whipping cream sour
- 4 cups pkt spinach fresh chopped
- 1 tablespoon vegetable oil
- 8 slices wheat bread stale

Equipment

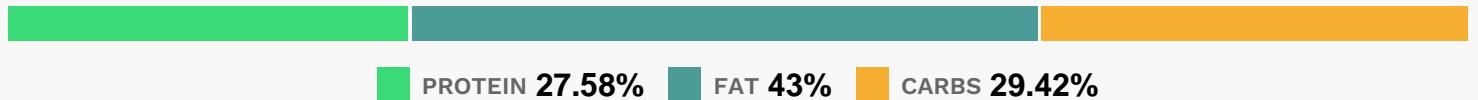
- food processor
- bowl
- frying pan
- baking sheet
- oven
- baking pan
- toothpicks
- ziploc bags

Directions

- Place chicken breasts in a large resealable plastic bag.
- Pour in Italian dressing, seal tightly, and refrigerate at least 1 hour.
- Place the stale bread, Parmesan, thyme, and pepper into a food processor. Pulse until the bread is processed into crumbs. Set aside.
- In a large bowl, stir together the feta and sour cream. Set aside.
- Heat the oil in a large skillet over medium heat. Stir in the garlic. Then add the spinach, and cook until it wilts. Stir in green onions, cook 2 minutes.
- Remove spinach to a plate, and leave any liquid in the pan. Stir in mushrooms, and saute until soft.
- Remove mushrooms to plate with spinach. Allow to cool briefly, then combine spinach and mushrooms with feta and sour cream mixture.
- Stir the sun-dried tomatoes into the mixture, and spread onto a large cookie sheet.
- Place in the freezer for about 30 minutes.

- Preheat the oven to 400 degrees F (200 degrees C).
- Place chicken breasts on a cookie sheet, and place about 3 tablespoons of the filling mixture in the center of each breast.
- Roll the breasts, and secure with a toothpick.
- Transfer chicken breasts to a baking dish, and sprinkle breadcrumb mixture over chicken breasts.
- Bake, uncovered, in a preheated oven for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:54.95, Glycemic Load:15.41, Inflammation Score:-10, Nutrition Score:45.317825649096%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 633.95kcal (31.7%), Fat: 31.05g (47.77%), Saturated Fat: 11.42g (71.39%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 40.11g (14.59%), Sugar: 21.11g (23.46%), Cholesterol: 127.88mg (42.63%), Sodium: 1384.6mg (60.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.82g (89.63%), Vitamin K: 150.88µg (143.69%), Vitamin B3: 18.07mg (90.35%), Manganese: 1.78mg (88.81%), Selenium: 61.26µg (87.52%), Phosphorus: 704.63mg (70.46%), Vitamin B6: 1.33mg (66.58%), Potassium: 2092.03mg (59.77%), Vitamin A: 2696.26IU (53.93%), Vitamin B2: 0.86mg (50.6%), Calcium: 455.14mg (45.51%), Magnesium: 165.78mg (41.45%), Copper: 0.77mg (38.32%), Vitamin B1: 0.52mg (34.96%), Vitamin B5: 3.39mg (33.89%), Iron: 5.99mg (33.28%), Fiber: 7.68g (30.73%), Vitamin C: 24.21mg (29.34%), Zinc: 4mg (26.7%), Folate: 104.09µg (26.02%), Vitamin B12: 1.08µg (17.92%), Vitamin E: 2.07mg (13.79%), Vitamin D: 0.36µg (2.38%)