



Chicken Breasts Stuffed with Spinach and Ricotta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 1 cup part-skim ricotta cheese
- ☐ 0.3 teaspoon salt

- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ To prepare filling, combine first 7 ingredients.
- ☐ Preheat oven to 350
- ☐ To prepare chicken, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Divide and spread filling evenly over chicken breast halves.
- ☐ Roll up jelly-roll fashion. Tuck in sides; place chicken, seam side down, in a 13 x 9-inch baking dish.
- ☐ Pour wine over chicken. Cover dish with foil.
- ☐ Bake at 350 for 30 minutes, basting chicken with wine every 10 minutes. Uncover and bake an additional 15 minutes or until chicken is done.
- ☐ Remove chicken from pan; keep warm. Strain wine mixture through a sieve over a bowl; discard solids.
- ☐ Serve wine mixture over chicken.

Nutrition Facts



 **PROTEIN 61.54%**  **FAT 31.71%**  **CARBS 6.75%**

Properties

Glycemic Index:13.17, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:33.009130322415%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 321.38kcal (16.07%), Fat: 10.57g (16.26%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.72g (0.8%), Cholesterol: 157.49mg (52.5%), Sodium: 507.3mg (22.06%), Alcohol: 2.06g (100%), Alcohol %: 0.89% (100%), Protein: 46.16g (92.32%), Vitamin K: 176.76µg (168.34%), Vitamin A: 5851IU (117.02%), Selenium: 68.38µg (97.68%), Vitamin B3: 18.06mg (90.31%), Vitamin B6: 1.4mg (69.82%), Phosphorus: 525.93mg (52.59%), Vitamin B5: 2.74mg (27.39%), Calcium: 272.79mg (27.28%), Potassium: 879.35mg (25.12%), Vitamin B2: 0.42mg (24.55%), Magnesium: 92.22mg (23.06%), Folate: 85.37µg (21.34%), Manganese: 0.4mg (20.08%), Zinc: 2.14mg (14.24%), Vitamin E: 1.83mg (12.18%), Vitamin B1: 0.17mg (11.31%), Iron: 1.98mg (10.99%), Vitamin B12: 0.62µg (10.32%), Copper: 0.14mg (6.95%), Vitamin C: 4.64mg (5.63%), Fiber: 1.4g (5.61%), Vitamin D: 0.41µg (2.76%)