



Chicken Breasts with Curried Apple Stuffing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apple juice
- ☐ 2 tablespoons celery finely chopped
- ☐ 1 teaspoon cornstarch
- ☐ 1.8 teaspoons curry powder divided
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup golden raisins
- ☐ 0.8 pound apples i use 2 granny smith apples peeled chopped

- ☐ 10.5 ounce low-salt chicken broth divided canned
- ☐ 0.3 cup onion finely chopped
- ☐ 16 ounce skinned
- ☐ 2 teaspoons vegetable oil divided
- ☐ 1 teaspoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 teaspoon oil in a non-stick skillet over medium-high heat.
- ☐ Add onion and celery; saute 5 minutes or until tender.
- ☐ Add apple and 1 teaspoon curry powder; saute 3 minutes or until apple is tender. Stir in raisins, 1/2 teaspoon minced garlic, and 1/3 cup broth; cook 4 minutes or until liquid almost evaporates. Spoon apple mixture into a small bowl; set aside.
- ☐ Cut a horizontal slit through the thickest portion of each breast half to form a pocket. Stuff about 1/4 cup apple mixture into each pocket.
- ☐ Heat 1 teaspoon oil in skillet over medium-high heat.
- ☐ Add chicken; saute 6 minutes on each side or until done.
- ☐ Remove chicken from skillet; set aside.
- ☐ Add 3/4 teaspoon curry powder, remaining broth, apple juice, and garlic to skillet. Bring to a boil; cook 5 minutes or until reduced to 1 cup.
- ☐ Combine cornstarch and water; stir well.
- ☐ Add to broth mixture in skillet; stir with a whisk. Bring to a boil; cook 1 minute, stirring constantly. Return chicken to skillet; cover and simmer 2 minutes or until heated.
- ☐ Serve sauce with chicken.

Nutrition Facts



 **PROTEIN 39.2%**  **FAT 20.08%**  **CARBS 40.72%**

Properties

Glycemic Index:63.35, Glycemic Load:9.42, Inflammation Score:-4, Nutrition Score:14.8300000006634%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg, Epicatechin: 8.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 265.04kcal (13.25%), Fat: 6.02g (9.27%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 24.43g (8.88%), Sugar: 19.29g (21.44%), Cholesterol: 72.57mg (24.19%), Sodium: 162.02mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.92%), Vitamin B3: 13.12mg (65.62%), Selenium: 36.79µg (52.55%), Vitamin B6: 0.97mg (48.41%), Phosphorus: 292.19mg (29.22%), Potassium: 732.17mg (20.92%), Vitamin B5: 1.73mg (17.32%), Fiber: 3.05g (12.2%), Vitamin B2: 0.19mg (11.28%), Magnesium: 43.95mg (10.99%), Manganese: 0.18mg (9.14%), Vitamin C: 7.3mg (8.84%), Vitamin K: 8.66µg (8.24%), Copper: 0.15mg (7.31%), Vitamin B1: 0.11mg (7.16%), Iron: 1.21mg (6.7%), Zinc: 0.88mg (5.84%), Vitamin E: 0.77mg (5.16%), Vitamin B12: 0.3µg (5.02%), Calcium: 32.44mg (3.24%), Folate: 12.08µg (3.02%), Vitamin A: 107.3IU (2.15%)