

Chicken Eileen

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 medium slices mozzarella cheese
- ☐ 8 chicken breast halves boneless skinless
- ☐ 6 ounce herb-seasoned bread stuffing mix dry

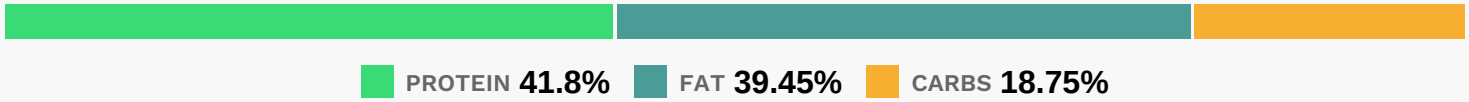
Equipment

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Prepare stuffing according to package directions. Wash the chicken, pat dry and pound out to about a 1/2 inch thickness.
- ☐ Place a slice of cheese on each breast, followed by a scoop of prepared stuffing. Close each breast over the cheese and stuffing and hold with a toothpick.
- ☐ Place stuffed breasts in a lightly greased 9x13 inch baking dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes, or until chicken juices run clear, then place a second slice of cheese over each stuffed chicken, and bake for 2 more minutes, or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:19.203478201576%

Nutrients (% of daily need)

Calories: 380.89kcal (19.04%), Fat: 16.31g (25.1%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 16.76g (6.1%), Sugar: 2.34g (2.6%), Cholesterol: 117.3mg (39.1%), Sodium: 785.11mg (34.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.78%), Selenium: 56µg (80%), Vitamin B3: 13.07mg (65.35%), Phosphorus: 467.88mg (46.79%), Vitamin B6: 0.9mg (44.98%), Calcium: 312.44mg (31.24%), Vitamin B12: 1.52µg (25.37%), Vitamin B2: 0.36mg (21.13%), Vitamin B5: 1.77mg (17.75%), Zinc: 2.51mg (16.72%), Potassium: 513.47mg (14.67%), Vitamin B1: 0.22mg (14.4%), Magnesium: 49.22mg (12.3%), Folate: 44.21µg (11.05%), Vitamin A: 417.39IU (8.35%), Iron: 1.48mg (8.21%), Manganese: 0.16mg (8.01%), Copper: 0.09mg (4.37%), Fiber: 0.68g (2.72%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.34µg (2.26%), Vitamin K: 1.76µg (1.68%), Vitamin C: 1.36mg (1.64%)