



HEALTH SCORE

100%

Chicken Four Cheese Bundles



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1874 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 4 oz philadelphia cream cheese softened ()
- 1 eggs beaten
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.5 tsp garlic powder
- 0.3 tsp onion powder
- 1.5 cups classico family favorites pasta sauce traditional
- 1 pkt. shake n bake seasoned panko seasoned coating mix

1.5 lb chicken breasts boneless skinless

Equipment

bowl

oven

baking pan

Directions

Heat oven to 375F.

Combine coating mix and seasonings in medium bowl; stir in shredded cheese. Reserve 1 cup cheese mixture; mix remaining with cream cheese and spinach until blended.

Place chicken, top sides down, on work surface; spread with cream cheese mixture.

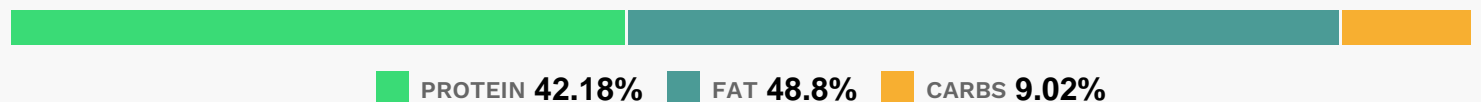
Roll up tightly, starting at one short end of each breast. Dip in egg, then roll in reserved cheese mixture until evenly coated.

Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray.

Bake 30 min. or until chicken is done (165F). About 10 min. before chicken is done, heat pasta sauce.

Serve chicken topped with sauce.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:8.78, Inflammation Score:-10, Nutrition Score:80.278695728468%

Nutrients (% of daily need)

Calories: 1874.09kcal (93.7%), Fat: 101.97g (156.88%), Saturated Fat: 50.11g (313.18%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 28.42g (10.33%), Sugar: 19.8g (22%), Cholesterol: 826.66mg (275.55%), Sodium: 4287.51mg (186.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 198.31g (396.63%), Vitamin K: 1071.51µg (1020.49%), Vitamin A: 37930.84IU (758.62%), Selenium: 292.64µg (418.05%), Vitamin B3: 76.25mg (381.26%), Vitamin B6: 6.19mg (309.5%), Phosphorus: 2401.3mg (240.13%), Vitamin B2: 2.52mg (148.07%), Potassium: 4911.7mg (140.33%), Calcium: 1388.49mg (138.85%), Folate: 527.09µg (131.77%), Vitamin B5: 12.9mg (129.01%),

Manganese: 2.55mg (127.56%), Magnesium: 492.52mg (123.13%), Vitamin E: 17.1mg (114.02%), Zinc: 11.7mg (77.97%), Iron: 12.59mg (69.96%), Vitamin C: 49.64mg (60.17%), Vitamin B1: 0.88mg (58.4%), Fiber: 13.96g (55.86%), Copper: 1.12mg (55.8%), Vitamin B12: 3.2µg (53.33%), Vitamin D: 2.24µg (14.92%)