



## Chicken Stuffed Buns

READY IN



50 min.

SERVINGS



6

CALORIES



554 kcal

### Ingredients

- 2 cups chicken breast halves diced boneless cooked
- 8 ounce cream cheese softened
- 10 ounce pkt spinach frozen thawed drained chopped
- 6 cloves garlic pressed
- 1 cup parmesan cheese grated
- 1 cup pepper jack cheese shredded
- 6 large sourdough buns

### Equipment

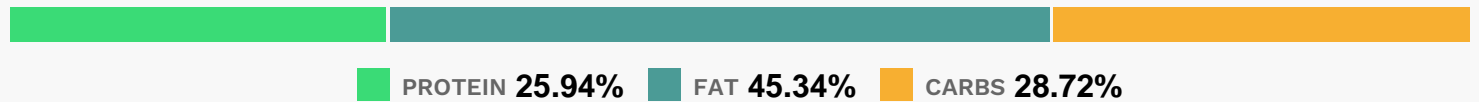
- bowl

- oven
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Slice the top off of each bun, saving the tops. Hollow out each bun, leaving a shell.
- In a medium bowl combine chicken, cream cheese, Pepper Jack cheese, Parmesan cheese, garlic and spinach. Spoon mixture into each bun, packing it tightly; cap with bun tops. Wrap each bun tightly in foil.
- Bake in preheated oven for 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:26.17, Glycemic Load:23.84, Inflammation Score:-10, Nutrition Score:29.166521699532%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 554.03kcal (27.7%), Fat: 27.9g (42.93%), Saturated Fat: 14.29g (89.28%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 37.28g (13.56%), Sugar: 6.2g (6.88%), Cholesterol: 119.91mg (39.97%), Sodium: 942.83mg (40.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.92g (71.83%), Vitamin K: 177.52µg (169.07%), Vitamin A: 6361.01IU (127.22%), Iron: 12.14mg (67.43%), Selenium: 40.31µg (57.59%), Vitamin B3: 8.55mg (42.75%), Phosphorus: 423.09mg (42.31%), Calcium: 401.21mg (40.12%), Vitamin B6: 0.76mg (37.93%), Vitamin B2: 0.41mg (23.88%), Manganese: 0.41mg (20.75%), Folate: 79.55µg (19.89%), Magnesium: 71.01mg (17.75%), Potassium: 563.12mg (16.09%), Vitamin B5: 1.5mg (14.95%), Zinc: 2.23mg (14.88%), Vitamin E: 1.98mg (13.21%), Vitamin B12: 0.62µg (10.37%), Fiber: 2.5g (9.99%), Vitamin B1: 0.12mg (7.79%), Copper: 0.12mg (5.89%), Vitamin C: 4.48mg (5.43%), Vitamin D: 0.28µg (1.83%)