



Chicken Stuffed with Goat Cheese and Garlic

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

Ingredients

- ☐ 3 cups cooked fettuccine hot cooked uncooked (6 ounces pasta)
- ☐ 3 tablespoons basil fresh divided thinly sliced
- ☐ 1 tablespoon garlic minced
- ☐ 4 ounces goat cheese softened
- ☐ 25.5 ounce pasta sauce fat-free italian
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 garlic clove whole

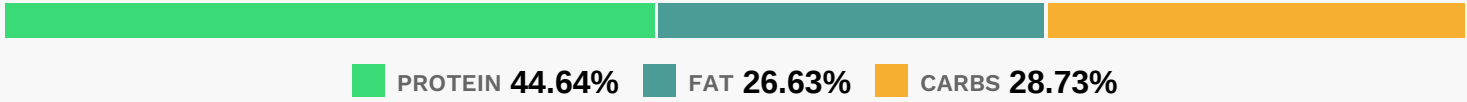
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine goat cheese, 2 tablespoons basil, and minced garlic; set aside.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound each half to a 1/4-inch thickness using a meat mallet or rolling pin. Divide the cheese mixture evenly among breast halves.
- ☐ Roll up jelly-roll fashion. Tuck in sides; secure each roll with wooden picks.
- ☐ Heat the pasta sauce and whole garlic cloves in a large skillet over medium heat; add chicken. Cover and cook 25 minutes or until chicken is done.
- ☐ Serve over pasta.
- ☐ Garnish with 1 tablespoon basil.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:12.76, Inflammation Score:-8, Nutrition Score:29.38782604881%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 425.41kcal (21.27%), Fat: 12.55g (19.31%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 26.73g (9.72%), Sugar: 7.04g (7.82%), Cholesterol: 144.31mg (48.1%), Sodium: 1162.94mg (50.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.36g (94.71%), Selenium: 75.38µg (107.69%), Vitamin B3: 20.01mg (100.03%), Vitamin B6: 1.61mg (80.63%), Phosphorus: 544.63mg (54.46%), Potassium: 1224.32mg (34.98%), Vitamin B5: 3.41mg (34.07%), Manganese: 0.58mg (28.94%), Copper: 0.56mg (27.77%), Vitamin B2: 0.42mg (24.5%), Vitamin A: 1222.16IU (24.44%), Magnesium: 94.12mg (23.53%), Vitamin E: 3.12mg

(20.82%), Vitamin C: 16.29mg (19.74%), Iron: 3.49mg (19.37%), Fiber: 3.75g (15%), Zinc: 2.21mg (14.72%), Vitamin B1: 0.2mg (13.62%), Vitamin K: 12.21µg (11.63%), Calcium: 93.11mg (9.31%), Folate: 33.03µg (8.26%), Vitamin B12: 0.46µg (7.73%), Vitamin D: 0.36µg (2.4%)