



Chicken Stuffed with Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds chicken cutlets thin
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 scallion finely chopped
- ☐ 5 ounces pkt spinach frozen dry thawed chopped
- ☐ 2 slices bacon thick-cut
- ☐ 2 tablespoons butter unsalted

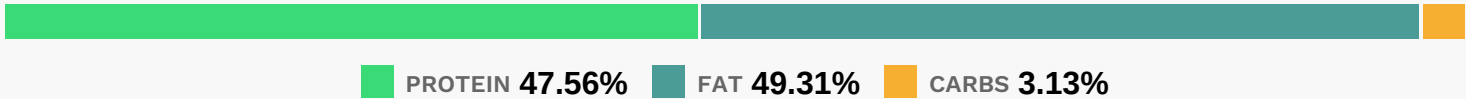
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine the spinach, scallion and Parmesan; season with salt and pepper. In a large nonstick skillet, cook the bacon over moderately high heat until crisp, 4 minutes.
- ☐ Transfer the bacon to the bowl.
- ☐ Season the cutlets with salt and pepper.
- ☐ Spread the spinach on the cutlets, fold in half and press to close.
- ☐ Heat the skillet with the bacon fat until sizzling.
- ☐ Add the chicken and cook over high heat, turning once, until cooked through, 6 minutes; transfer to a platter and keep warm.
- ☐ Add the vinegar to the skillet; cook for 30 seconds. Off the heat, swirl in the butter until melted. Spoon the sauce over the chicken; serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:29.677826052127%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 358.13kcal (17.91%), Fat: 19.19g (29.52%), Saturated Fat: 7.94g (49.61%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.31g (0.34%), Cholesterol: 141.23mg (47.08%), Sodium: 647.71mg (28.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.64g (83.27%), Vitamin K: 138.97µg (132.35%), Vitamin B3: 18.67mg (93.34%), Vitamin A: 4471.92IU (89.44%), Selenium: 62.45µg (89.22%), Vitamin B6: 1.39mg (69.5%), Phosphorus: 443.5mg (44.35%), Vitamin B5: 2.59mg (25.87%), Potassium: 812.04mg (23.2%), Magnesium: 76.2mg (19.05%), Vitamin B2: 0.29mg (17.08%), Folate: 60.69µg (15.17%), Manganese: 0.29mg (14.57%), Vitamin B1: 0.2mg

(13.04%), Calcium: 114.78mg (11.48%), Zinc: 1.69mg (11.26%), Vitamin E: 1.64mg (10.93%), Vitamin B12: 0.53µg (8.77%), Iron: 1.48mg (8.23%), Copper: 0.11mg (5.58%), Vitamin C: 4.59mg (5.57%), Fiber: 1.11g (4.42%), Vitamin D: 0.38µg (2.52%)