



Chicken Stuffed with Spinach and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 1.5 ounces feta cheese crumbled
- 4 servings kosher salt
- 1 Dash nutmeg
- 1 tablespoon olive oil
- 0.5 medium onion red
- 20 ounce chicken breast boneless skinless
- 3 ounces pkt spinach dried washed

Equipment

- bowl
- frying pan
- oven
- toothpicks
- cutting board
- kitchen twine

Directions

- Heat the oven to 350°F.
- Heat 2 teaspoons of the oil in a large frying pan over medium heat until shimmering.
- Add onion and sauté until soft, about 8 to 10 minutes.
- Add spinach and sauté until wilted and water evaporates, about 2 minutes.
- Add nutmeg and season with salt and freshly ground black pepper.
- Remove mixture from the pan and transfer to a bowl to cool. Wipe out the pan and set aside.
- Cut each chicken breast in half horizontally. Using a mallet or the bottom of a pan, pound chicken pieces to an even thickness, about 1/4 inch thick. Season all over with salt and freshly ground black pepper. Stir feta into cooled spinach mixture.
- Lay chicken breasts on a cutting board so the narrowest ends face you.
- Place 1/4 of the spinach mixture halfway up each chicken piece. Fold the bottom of the chicken up over the filling to enclose it, then roll into a tight cylinder. Use toothpicks or butcher's twine to secure the rolls. Repeat with remaining chicken and filling. Return the frying pan to medium-high heat and add remaining 1 tablespoon olive oil. Once oil is shimmering, place chicken breasts in the pan and cook undisturbed until golden brown, about 4 to 6 minutes. Turn breasts over and transfer the pan to the oven.
- Bake until the filling is hot and the interior of the chicken rolls is white but still juicy, about 8 minutes. Variations: Stir in 1/4 cup of either pine nuts, currants, or a combination when adding the feta to the spinach mixture. Beverage pairing: Markus Huber Grüner Veltliner "Hugo," Austria. A white with sharpness, a hint of bitterness, and some tang is called for, and this Grüner Veltliner fits the bill, echoing the spinach and feta while resonating with the chicken.

Nutrition Facts

PROTEIN 57.07% FAT 38.25% CARBS 4.68%

Properties

Glycemic Index:47, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:23.574782392253%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 232.66kcal (11.63%), Fat: 9.65g (14.84%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.74g (0.83%), Cholesterol: 100.18mg (33.39%), Sodium: 496.89mg (21.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.77%), Vitamin K: 105.5µg (100.47%), Vitamin B3: 15.06mg (75.32%), Selenium: 47.24µg (67.49%), Vitamin B6: 1.17mg (58.27%), Vitamin A: 2082.22IU (41.64%), Phosphorus: 348.59mg (34.86%), Vitamin B5: 2.15mg (21.55%), Potassium: 672.05mg (19.2%), Vitamin B2: 0.28mg (16.22%), Magnesium: 57.68mg (14.42%), Folate: 53.14µg (13.28%), Manganese: 0.25mg (12.66%), Vitamin C: 8.7mg (10.55%), Vitamin B1: 0.13mg (8.73%), Calcium: 84.77mg (8.48%), Zinc: 1.27mg (8.48%), Vitamin E: 1.23mg (8.19%), Vitamin B12: 0.46µg (7.72%), Iron: 1.24mg (6.87%), Copper: 0.08mg (3.94%), Fiber: 0.78g (3.12%), Vitamin D: 0.18µg (1.23%)