



Chicken Stuffed with Spinach, Feta, and Pine Nuts

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup beef broth fat-free
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 5 ounces pkt spinach fresh chopped

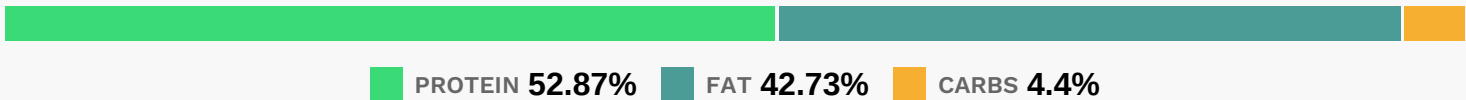
Equipment

- ☐ frying pan
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick ovenproof skillet over medium–high heat.
- ☐ Add spinach to pan; cook 1 minute or until spinach wilts, tossing constantly.
- ☐ Place spinach in a colander; press until barely moist. Wipe pan clean.
- ☐ Combine spinach, cheese, nuts, thyme, juice, and garlic.
- ☐ Cut a horizontal slit through the thickest portion of each chicken breast half to form a pocket. Stuff 3 tablespoons filling into each pocket. Seal with wooden picks.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat oil in pan over medium–high heat.
- ☐ Add chicken; cook 3 minutes on each side or until brown.
- ☐ Add broth, and cover pan.
- ☐ Place pan in oven.
- ☐ Bake at 350 for 15 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:31.439564860385%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 309.69kcal (15.48%), Fat: 14.54g (22.37%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.41g (0.45%), Cholesterol: 121.48mg (40.49%), Sodium: 587.76mg (25.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.47g (80.94%), Vitamin K: 176.79µg (168.37%), Vitamin B3: 18.38mg (91.9%), Selenium: 57.17µg (81.67%), Vitamin B6: 1.43mg (71.49%), Vitamin A: 3459.94IU (69.2%), Phosphorus: 454.31mg (45.43%), Manganese: 0.84mg (41.89%), Potassium: 939.1mg (26.83%), Vitamin B5: 2.62mg (26.16%), Magnesium: 89.01mg (22.25%), Vitamin B2: 0.37mg (21.92%), Folate: 82.58µg (20.64%), Vitamin C: 14.27mg (17.3%), Vitamin E: 2.04mg (13.63%), Zinc: 1.93mg (12.9%), Vitamin B1: 0.18mg (12.03%), Calcium: 119.84mg (11.98%), Iron: 2.11mg (11.7%), Vitamin B12: 0.58µg (9.66%), Copper: 0.17mg (8.6%), Fiber: 1.11g (4.42%), Vitamin D: 0.23µg (1.51%)