



Chorizo & Poblano Stuffed Chicken Breast

READY IN



45 min.

SERVINGS



45

CALORIES



48 kcal

SIDE DISH

Ingredients

- 0.3 lb mexican chorizo crumbled cooked drained
- 6 slices oscar mayer baked ham cooked
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 Tbsp real mayo mayonnaise kraft
- 1 large roasted poblano chile deveined peeled cut into thin strips
- 15 ritz crackers crushed
- 1 cup salsa red warmed
- 1.5 lb chicken breasts boneless skinless

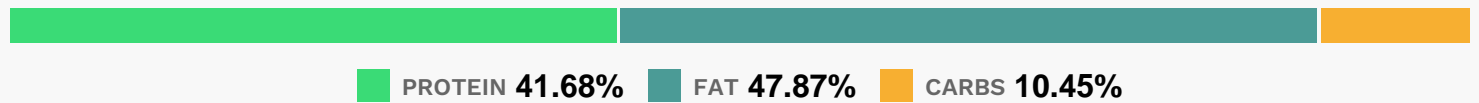
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Make cut in one long side of each chicken breast, being careful to not cut through to opposite side.
- Top ham with chiles, cheese and chorizo; roll up, starting at one short end of ham slice. Insert 1 ham roll into pocket of each chicken breast.
- Brush chicken with mayo; top with cracker crumbs.
- Pour salsa into 13x9-inch baking dish; top with chicken.
- Bake 20 to 25 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.5508695840836%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 48.16kcal (2.41%), Fat: 2.51g (3.86%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.41g (0.45%), Cholesterol: 14.62mg (4.87%), Sodium: 120.31mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Vitamin B3: 1.88mg (9.38%), Selenium: 5.98µg (8.54%), Vitamin B6: 0.15mg (7.36%), Phosphorus: 50.94mg (5.09%), Vitamin C: 3.22mg (3.9%), Vitamin B1: 0.04mg (2.73%), Potassium: 90.26mg (2.58%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 2.06µg (1.96%), Vitamin B2: 0.03mg (1.93%), Magnesium: 6.35mg (1.59%), Zinc: 0.23mg (1.55%), Calcium: 14.32mg (1.43%), Iron: 0.22mg (1.24%), Vitamin E: 0.18mg (1.22%), Vitamin A: 61.14IU (1.22%), Vitamin B12: 0.07µg (1.08%)