



Cider-Glazed Stuffed Chicken

READY IN



60 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

Ingredients

- 2 cups apple cider divided
- 2 apples divided peeled chopped
- 3 Tbsp brown sugar
- 0.3 cup butter divided
- 1 stalk celery minced
- 0.3 tsp paprika
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken

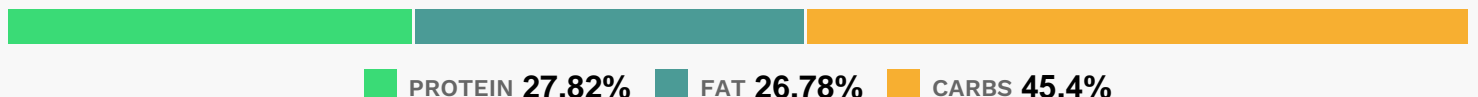
Equipment

- bowl
- frying pan
- oven
- baking pan
- microwave
- cutting board

Directions

- Heat oven to 350F.
- Combine stuffing mix, 1-1/2 cups cider and 1 Tbsp. butter in microwaveable bowl; cover with waxed paper. Microwave on HIGH 5 to 6 min. or until heated through. Fluff with fork.
- Add celery and half the apples; mix lightly.
- Place chicken, top-sides down, on cutting board; spread with stuffing.
- Roll up, starting at one short end of each breast.
- Place, seam-sides down, in 13x9-inch baking dish sprayed with cooking spray. Melt 1 Tbsp. of the remaining butter; mix with paprika.
- Brush onto chicken.
- Bake 40 min. or until chicken is done (165F).
- Transfer chicken to platter; cover to keep warm.
- Melt 1 Tbsp. of the remaining butter in medium skillet on medium-high heat.
- Add sugar, remaining cider and apples; cook 5 to 6 min. or until thickened, stirring frequently.
- Remove from heat; stir in remaining butter until melted.
- Pour over chicken.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:5.81, Inflammation Score:-5, Nutrition Score:17.135652262232%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg, Epicatechin: 8.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 398.26kcal (19.91%), Fat: 11.8g (18.15%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 42.34g (15.4%), Sugar: 22.15g (24.61%), Cholesterol: 93.19mg (31.06%), Sodium: 601.5mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Selenium: 50.17µg (71.68%), Vitamin B3: 13.62mg (68.08%), Vitamin B6: 0.94mg (47.06%), Phosphorus: 294.7mg (29.47%), Potassium: 663.45mg (18.96%), Vitamin B5: 1.84mg (18.41%), Vitamin B1: 0.27mg (18.04%), Vitamin B2: 0.27mg (15.6%), Folate: 56.77µg (14.19%), Manganese: 0.28mg (13.85%), Magnesium: 49.42mg (12.36%), Fiber: 2.66g (10.64%), Iron: 1.75mg (9.69%), Vitamin A: 381.63IU (7.63%), Zinc: 0.98mg (6.56%), Copper: 0.13mg (6.49%), Vitamin C: 5.07mg (6.14%), Calcium: 53.24mg (5.32%), Vitamin E: 0.71mg (4.7%), Vitamin K: 4.57µg (4.35%), Vitamin B12: 0.25µg (4.14%)