



Cilantro-Stuffed Chicken Breasts

READY IN



65 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 0.3 cup cilantro leaves fresh divided chopped
- 2 cloves garlic minced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 4 tsp parmesan cheese grated kraft
- 20 ritz crackers crushed
- 1 lb chicken breasts boneless skinless

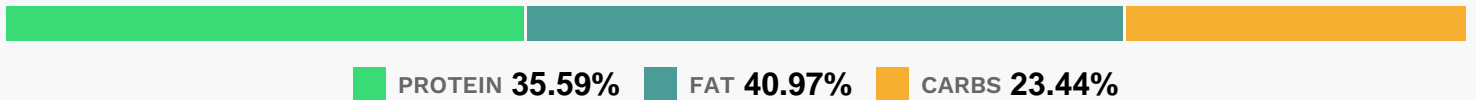
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Make 3-inch-long cut in one long side of each chicken breast to form pocket, being careful to not cut all the way through to opposite side of chicken.
- Place chicken in bowl; drizzle with 1/4 cup dressing. Refrigerate 30 min. to marinate.
- Heat oven to 375F.
- Combine cracker crumbs, 1/4 cup cilantro, garlic and remaining dressing.
- Remove chicken from marinade; discard marinade. Spoon about 3 Tbsp. crumb mixture into pocket in each chicken breast; place on foil-covered baking sheet sprayed with cooking spray.
- Bake 25 min. or until chicken is done (165F). About 5 min. before chicken is done, cook tomatoes just until warmed.
- Combine cheese and remaining cilantro. Top chicken with tomatoes; sprinkle with cheese mixture.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:17.949999889602%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 313.73kcal (15.69%), Fat: 14.14g (21.75%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 16.8g (6.11%), Sugar: 6.79g (7.54%), Cholesterol: 76.86mg (25.62%), Sodium: 784.55mg (34.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.27%), Vitamin B3: 13.33mg (66.67%), Selenium: 39.61µg (56.59%), Vitamin B6: 1.01mg (50.59%), Phosphorus: 336.53mg (33.65%), Vitamin K: 31.3µg (29.81%), Potassium: 670.67mg (19.16%), Vitamin B5: 1.82mg (18.21%), Vitamin E: 2.12mg (14.11%), Vitamin C: 11.53mg (13.98%), Vitamin B2: 0.23mg (13.44%), Vitamin B1: 0.19mg (12.97%), Iron: 2.2mg (12.22%), Magnesium: 47.16mg (11.79%), Calcium: 110.53mg (11.05%), Manganese: 0.22mg (10.92%), Zinc: 1.15mg (7.64%), Copper: 0.13mg (6.64%), Folate: 24.44µg (6.11%), Vitamin A: 293.43IU (5.87%), Fiber: 1.41g (5.62%), Vitamin B12: 0.29µg (4.89%)