



Cornmeal-Crusted Chicken with Goat-Cheese and Sausage Stuffing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne
- 3 tablespoons cooking oil
- 0.8 cup cornmeal
- 1 eggs
- 2 tablespoons parsley fresh chopped
- 5.5 ounces goat cheese crumbled
- 0.3 teaspoon fresh-ground pepper black

- 0.5 teaspoon salt
- 0.5 pound mild sausage italian crumbled cooked
- 4 chicken breasts boneless skinless ()
- 1 tablespoon water

Equipment

- bowl
- frying pan
- knife
- whisk

Directions

- In a small bowl, combine the goat cheese, sausage, cayenne, 1/4 teaspoon of the salt, and the parsley.
- With a sharp knife, make an incision along the side of each chicken breast and cut into the middle, making a pocket without cutting through the edges. Fill each breast with the goat-cheese mixture and pinch the cut side of the breast together to seal in the stuffing.
- In a small bowl, whisk the egg with the water.
- Mix the cornmeal with the remaining 1/4 teaspoon salt and the pepper. Dip each chicken breast in the cornmeal mixture to coat lightly, then into the egg mixture, and then back in the cornmeal.
- In a large frying pan, heat the oil over moderately high heat.
- Add the chicken and cook for 5 minutes. Turn and continue cooking until golden brown and cooked through, about 5 minutes longer.
- Menu Suggestions: Creamy mashed potatoes and a simple green vegetable are delicious with this crisp chicken.
- Wine Recommendation: There's a lot going on in this dish, from the Italian sausage to the acidic goat cheese and the crunchy cornmeal. A light, slightly chilled pinot noir from Burgundy in France or from Oregon has the fruitiness and acidity to make a perfect partner.

Nutrition Facts



■ PROTEIN 27.11% ■ FAT 58.96% ■ CARBS 13.93%

Properties

Glycemic Index:48.13, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:25.799565491469%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 652.37kcal (32.62%), Fat: 42.25g (65%), Saturated Fat: 14.15g (88.43%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 19.52g (7.1%), Sugar: 0.88g (0.98%), Cholesterol: 174.26mg (58.09%), Sodium: 997.87mg (43.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.7g (87.4%), Selenium: 56.5µg (80.71%), Vitamin B3: 14.58mg (72.9%), Vitamin B6: 1.31mg (65.69%), Phosphorus: 508.18mg (50.82%), Vitamin K: 41.61µg (39.63%), Vitamin B1: 0.52mg (34.52%), Vitamin B2: 0.44mg (25.75%), Vitamin B5: 2.52mg (25.2%), Copper: 0.45mg (22.36%), Zinc: 3.12mg (20.81%), Potassium: 698.18mg (19.95%), Magnesium: 78.22mg (19.56%), Iron: 3.06mg (17%), Vitamin E: 2.4mg (16.01%), Manganese: 0.31mg (15.27%), Vitamin B12: 0.91µg (15.23%), Vitamin A: 717.15IU (14.34%), Fiber: 2.93g (11.74%), Calcium: 82.17mg (8.22%), Folate: 32.23µg (8.06%), Vitamin C: 5.25mg (6.36%), Vitamin D: 0.49µg (3.26%)