



Cottage Cheese Spinach Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 cup curd cottage cheese
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 2 tablespoons penzey's southwest seasoning cajun-style
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.5 onion yellow chopped

Equipment

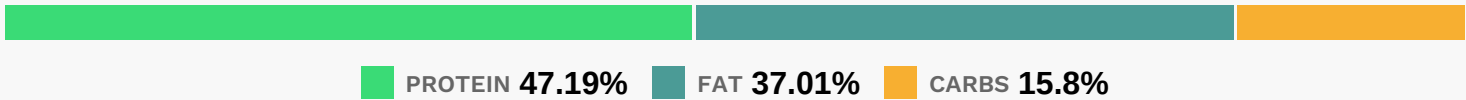
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Squeeze excess water out of thawed spinach; in a large bowl, mix spinach with onion and cottage cheese and set aside.
- ☐ Season chicken breasts with Cajun-style seasoning, then place 1/4 of cheese/spinach mixture in the center of each breast and fold in half. Secure with toothpicks and place in a lightly greased 9x13 inch baking dish.
- ☐ Drizzle with melted butter and bake at 350 degrees F (175 degrees C) for about 25 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:32.207391184309%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 276.11kcal (13.81%), Fat: 11.6g (17.84%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 5.71g (2.08%), Sugar: 2.75g (3.06%), Cholesterol: 96.29mg (32.1%), Sodium: 396.31mg (17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.53%), Vitamin K: 310.39µg (295.61%), Vitamin A: 8719.03IU (174.38%), Selenium: 45.98µg (65.68%), Vitamin B3: 12.56mg (62.8%), Vitamin B6: 1.09mg (54.32%), Manganese: 0.9mg (45.18%), Phosphorus: 372.11mg (37.21%), Folate: 133.93µg (33.48%), Magnesium: 108.21mg (27.05%), Calcium: 263.57mg (26.36%), Vitamin E: 3.83mg (25.51%), Iron: 4.55mg (25.25%), Potassium: 832.84mg (23.8%), Vitamin B2: 0.4mg (23.67%), Fiber: 5.43g (21.73%), Vitamin B5: 2.06mg (20.62%), Vitamin B1: 0.17mg (11.53%), Copper: 0.2mg (10%), Zinc: 1.49mg (9.94%), Vitamin C: 6.44mg (7.81%), Vitamin B12: 0.46µg (7.73%), Vitamin D: 0.17µg (1.1%)