



Couscous-Stuffed Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.3 cup couscous uncooked
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons kalamata olives chopped
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup beef broth fat-free
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 teaspoons oregano fresh chopped
- ☐ 3 tablespoons plum tomatoes chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless

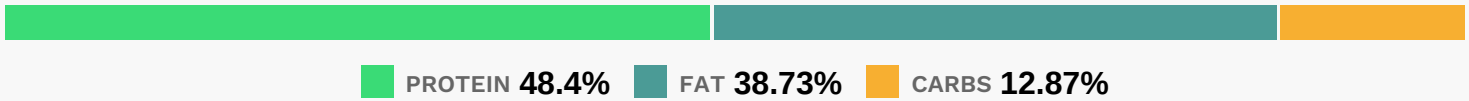
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Bring broth to a boil in a small saucepan; remove from heat. Stir in couscous. Cover and let stand 4 minutes.
- ☐ Place couscous in a small bowl; fluff with a fork. Cool for 10 minutes.
- ☐ Add 1/4 teaspoon salt, 1/4 teaspoon pepper, and next 8 ingredients (through garlic); toss.
- ☐ Place chicken between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Divide couscous mixture evenly among breast halves; roll up jelly-roll fashion. Secure with wooden picks.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Preheat oven to 40
- ☐ Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook for 6 minutes or until browned; turn chicken over.
- ☐ Bake at 400 for 5 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:5.41, Inflammation Score:-8, Nutrition Score:20.001304538354%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 332.66kcal (16.63%), Fat: 13.99g (21.53%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 9.1g (3.31%), Sugar: 0.38g (0.43%), Cholesterol: 116.43mg (38.81%), Sodium: 686.22mg (29.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.69%), Vitamin B3: 18.34mg (91.68%), Selenium: 55.91µg (79.87%), Vitamin B6: 1.35mg (67.67%), Phosphorus: 410.16mg (41.02%), Vitamin B5: 2.67mg (26.7%), Potassium: 740.68mg (21.16%), Vitamin B2: 0.26mg (15.27%), Magnesium: 55.68mg (13.92%), Vitamin K: 13.1µg (12.47%), Vitamin E: 1.75mg (11.64%), Manganese: 0.22mg (11%), Vitamin B1: 0.15mg (9.89%), Zinc: 1.38mg (9.22%), Vitamin B12: 0.48µg (8.06%), Calcium: 75.62mg (7.56%), Iron: 1.3mg (7.25%), Vitamin C: 4.53mg (5.49%), Fiber: 1.36g (5.46%), Copper: 0.1mg (4.97%), Vitamin A: 217.91IU (4.36%), Folate: 16.05µg (4.01%), Vitamin D: 0.2µg (1.36%)