



Crab Stuffed Chicken Breasts

READY IN



60 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter divided
- 4.5 ounce mushrooms drained sliced canned
- 1 cup chicken broth
- 6 ounce crabmeat flaked drained canned
- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh minced
- 1 pinch pepper black
- 0.5 cup milk
- 0.3 cup onion chopped

- 0.5 teaspoon paprika
- 0.5 teaspoon salt
- 0.3 cup saltines crushed
- 4 chicken breast halves boneless skinless
- 1 cup swiss cheese shredded

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- To Make White Sauce: Melt 3 tablespoons of the butter in a medium saucepan. Stir in flour until smooth, then gradually stir in broth and milk. Bring all to a boil; boil, stirring, for about 2 minutes.
- Remove from heat and set aside.
- In a large skillet melt remaining 1 tablespoon butter and saute onion over medium heat until tender.
- Add crab, mushrooms, cracker crumbs, parsley, salt, pepper and 2 tablespoons of the prepared white sauce.
- Heat through.
- Preheat oven to 350 degrees F (175 degrees C).
- Pound chicken breasts to 1/4 inch thickness. Spoon about 1/4 of the crab mixture onto the edge of each chicken breast; roll up and secure with toothpicks.
- Place chicken rolls in a lightly greased 9x13 inch baking dish, then top with remaining white sauce.
- Cover dish and bake at 350 degrees F (175 degrees C) for 30 minutes or until chicken juices run clear.

Sprinkle with cheese and paprika and bake, uncovered, for another 5 minutes or until cheese is melted and bubbly.

Remove toothpicks and serve.

Nutrition Facts

PROTEIN 37.48% **FAT 49.14%** **CARBS 13.38%**

Properties

Glycemic Index:74, Glycemic Load:5.2, Inflammation Score:-7, Nutrition Score:27.350435194762%

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 Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 458.71kcal (22.94%), Fat: 24.8g (38.15%), Saturated Fat: 13.54g (84.65%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 13.72g (4.99%), Sugar: 3.04g (3.38%), Cholesterol: 173.61mg (57.87%), Sodium: 1222.99mg (53.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.55g (85.1%), Selenium: 68.11µg (97.3%), Vitamin B3: 14.55mg (72.73%), Phosphorus: 568.62mg (56.86%), Vitamin B6: 1mg (49.89%), Vitamin B12: 2.66µg (44.38%), Vitamin K: 36.39µg (34.66%), Calcium: 339.58mg (33.96%), Zinc: 4.01mg (26.73%), Vitamin B5: 2.63mg (26.32%), Copper: 0.5mg (25.1%), Vitamin B2: 0.4mg (23.37%), Potassium: 697.23mg (19.92%), Vitamin A: 951.31IU (19.03%), Magnesium: 68.47mg (17.12%), Vitamin B1: 0.25mg (16.78%), Folate: 60.06µg (15.02%), Manganese: 0.23mg (11.58%), Vitamin E: 1.69mg (11.25%), Iron: 1.85mg (10.29%), Vitamin C: 6.16mg (7.47%), Fiber: 1.47g (5.88%), Vitamin D: 0.51µg (3.42%)