



Crabmeat-Stuffed Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 4 skinned and boned chicken breasts
- ☐ 0.5 cup crabmeat dip uncooked
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 4 slices pancetta cut into 7
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup spinach leaves fresh loosely packed

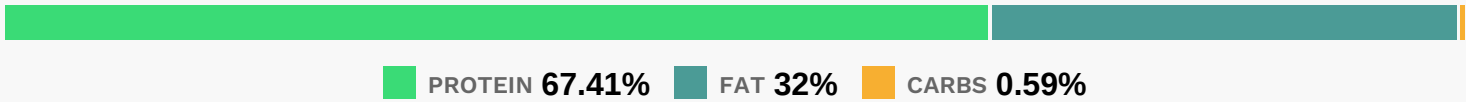
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast between 2 sheets of heavy-duty plastic wrap; pound to 1/4" thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Spread 2 tablespoons Crabmeat Dip over each chicken breast. Divide spinach evenly over dip; roll up chicken, jelly-roll fashion. Wrap each roll with 1 slice prosciutto; secure with a wooden pick.
- ☐ Heat oil in an ovenproof skillet over medium-high heat.
- ☐ Add chicken, and cook 3 to 4 minutes on each side or until prosciutto is lightly browned and crispy.
- ☐ Place skillet in oven, and bake at 350 for 25 minutes or until chicken is done.
- ☐ Remove wooden picks before serving.
- ☐ Note: Make Crabmeat Dip no more than 1 day ahead of preparing Crabmeat-Stuffed Chicken Breasts.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:25.921304215556%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 328.24kcal (16.41%), Fat: 11.18g (17.21%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.03g (0.03%), Cholesterol: 158.74mg (52.91%), Sodium: 640.56mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.02g (106.03%), Vitamin B3: 24.17mg (120.84%), Selenium: 81.64µg (116.63%), Vitamin B6: 1.76mg (87.86%), Phosphorus: 535.26mg (53.53%), Vitamin B12: 2.38µg (39.7%), Vitamin B5: 3.35mg (33.46%), Vitamin K: 29.23µg (27.84%), Potassium: 929.64mg (26.56%), Magnesium: 74.89mg (18.72%), Zinc: 2.69mg (17.92%), Vitamin B2: 0.25mg (14.86%), Copper: 0.27mg (13.44%), Vitamin A: 604.62IU (12.09%), Vitamin B1: 0.18mg (12.03%), Folate: 29.24µg (7.31%), Vitamin C: 5.76mg (6.99%), Iron: 1.18mg (6.57%), Manganese: 0.12mg (6.24%), Vitamin E: 0.87mg (5.79%), Calcium: 28.15mg (2.81%), Vitamin D: 0.26µg (1.72%)