



Cream Cheese Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar
- 1 teaspoon butter
- 6 ounces cream cheese softened
- 0.5 cup dijon mustard
- 8 ounces mushrooms fresh sliced
- 6 chicken breast halves boneless skinless
- 0.5 cup walnuts chopped

Equipment

- bowl
- frying pan
- oven
- baking pan
- meat tenderizer

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Melt butter in a skillet over medium heat.
- Saute mushrooms until tender. Reduce heat to low, and stir in cream cheese until melted.
- Remove from heat.
- Pound chicken breasts thin with a meat mallet.
- Spread with mushroom mixture, and roll up. In a small bowl, mix together brown sugar and Dijon mustard. Press mustard mixture onto chicken.
- Roll chicken in chopped nuts.
- Place in a baking dish.
- Bake in preheated oven for 15 to 20 minutes, or until chicken is no longer pink, and juices run clear.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:18.417825880258%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 458.09kcal (22.9%), Fat: 20.54g (31.6%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 39.28g (14.28%), Sugar: 37.93g (42.15%), Cholesterol: 102.74mg (34.25%), Sodium: 466.06mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.63%), Selenium: 50.09µg (71.56%),

Vitamin B3: 13.44mg (67.21%), Vitamin B6: 0.98mg (49.16%), Phosphorus: 357.95mg (35.8%), Vitamin B5: 2.5mg (25.05%), Manganese: 0.48mg (24.03%), Vitamin B2: 0.36mg (21.1%), Potassium: 698.81mg (19.97%), Copper: 0.34mg (17.17%), Magnesium: 64.02mg (16%), Vitamin B1: 0.18mg (12.13%), Zinc: 1.44mg (9.6%), Vitamin A: 452.14IU (9.04%), Calcium: 87.54mg (8.75%), Iron: 1.51mg (8.4%), Fiber: 1.92g (7.69%), Folate: 24.9µg (6.22%), Vitamin B12: 0.3µg (5.08%), Vitamin E: 0.62mg (4.15%), Vitamin C: 2.36mg (2.86%), Vitamin K: 1.45µg (1.38%), Vitamin D: 0.19µg (1.26%)