



Creamy Tomato-Stuffed Chicken

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 1 pound skinned and boned chicken breast halves (4 breast halves)
- ☐ 0.3 cup tomatoes dried chopped in oil (not)
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 3 garlic cloves divided minced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.5 teaspoon pepper divided
- ☐ 6 plum tomatoes chopped

- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 teaspoon salt divided

Equipment

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

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Stir together cream cheese, two-thirds of minced garlic, and dried tomatoes.
- ☐ Spread cream cheese mixture evenly over one side of each chicken breast, leaving a 1/4-inch border.
- ☐ Sprinkle 1/4 cup basil and Parmesan cheese evenly over breasts; roll up, jellyroll fashion, and secure with wooden picks, if necessary. Arrange in an 8-inch-square baking dish coated with cooking spray.
- ☐ Bake at 350 for 30 to 45 minutes or until chicken is done.
- ☐ Remove from oven, and let stand 10 minutes.
- ☐ Stir together plum tomatoes, olive oil, vinegar, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, remaining one-third minced garlic, and remaining 1/4 cup basil.
- ☐ Cut chicken into slices.
- ☐ Serve with tomato mixture.
- ☐ Note: Fresh tomato mixture may also be served with toasted or grilled French bread slices.

Nutrition Facts



 PROTEIN **53.8%**  FAT **29.79%**  CARBS **16.41%**

Properties

Glycemic Index:56.75, Glycemic Load:2.16, Inflammation Score:-7, Nutrition Score:18.863043430059%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 211.08kcal (10.55%), Fat: 6.98g (10.74%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 6.53g (2.37%), Sugar: 5.11g (5.68%), Cholesterol: 76.82mg (25.61%), Sodium: 535.15mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.72%), Vitamin B3: 13.06mg (65.32%), Selenium: 38.41µg (54.88%), Vitamin B6: 0.99mg (49.28%), Phosphorus: 334.02mg (33.4%), Potassium: 903.8mg (25.82%), Vitamin K: 24.74µg (23.56%), Vitamin C: 18.05mg (21.88%), Vitamin A: 1077.43IU (21.55%), Vitamin B5: 1.89mg (18.94%), Manganese: 0.36mg (17.85%), Magnesium: 58.82mg (14.7%), Vitamin B2: 0.19mg (11.21%), Calcium: 107.37mg (10.74%), Copper: 0.21mg (10.36%), Vitamin B1: 0.15mg (10.1%), Iron: 1.53mg (8.5%), Fiber: 2.12g (8.48%), Zinc: 1.18mg (7.86%), Vitamin E: 1.05mg (6.99%), Folate: 25.75µg (6.44%), Vitamin B12: 0.3µg (5.03%)