



 **54%**
HEALTH SCORE

Crispy Cheese-Filled Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces cheddar cheese extra-sharp reduced-fat
- 32 ounce chicken breast halves bone-in skinless
- 1 cup coarsely cornflakes crushed
- 1 tablespoon dijon mustard
- 2 teaspoons lemon-herb seasoning salt-free (such as Mrs. Dash)
- 0.5 cup nonfat buttermilk

Equipment

- oven

baking pan

Directions

Preheat oven to 37

Cut a 2-inch-long slit in side of meaty portion of each breast without cutting all the way through the breast. Slice cheese into 4 portions; brush with mustard.

Place 1 cheese slice in each slit; secure with wooden picks.

Combine cereal and seasoning. Dip chicken in buttermilk; dredge in cereal mixture.

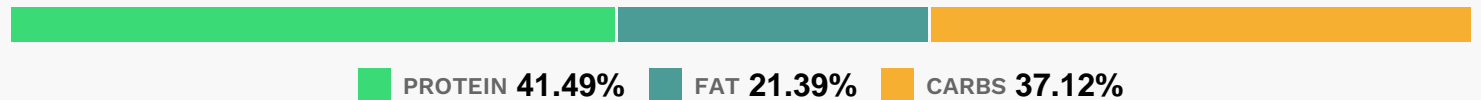
Place chicken in a 13- x 9-inch baking dish coated with cooking spray.

Bake at 375 for 1 hour.

Remove picks, and serve immediately.

Tip: These stuffed bone-in chicken breasts are also tasty filled with Swiss cheese or provolone. Instead of the lemon-herb seasoning, you can use extra-spicy herb seasoning or Italian seasoning.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:40.880869357482%

Nutrients (% of daily need)

Calories: 572.49kcal (28.62%), Fat: 13.5g (20.77%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 50.34g (18.3%), Sugar: 7.23g (8.03%), Cholesterol: 167mg (55.67%), Sodium: 901.98mg (39.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.91g (117.82%), Vitamin B3: 34.29mg (171.43%), Vitamin B6: 2.78mg (138.88%), Selenium: 84.83µg (121.18%), Iron: 18.12mg (100.69%), Vitamin B2: 1.22mg (71.99%), Phosphorus: 639.61mg (63.96%), Vitamin B1: 0.95mg (63.47%), Vitamin B12: 3.64µg (60.61%), Folate: 225.12µg (56.28%), Vitamin B5: 3.48mg (34.8%), Potassium: 973.8mg (27.82%), Vitamin A: 1345.58IU (26.91%), Magnesium: 91.29mg (22.82%), Vitamin C: 15.51mg (18.8%), Zinc: 2.72mg (18.15%), Calcium: 175.26mg (17.53%), Vitamin D: 2.48µg (16.56%), Manganese: 0.28mg (13.93%), Copper: 0.2mg (10.07%), Fiber: 2.37g (9.46%), Vitamin E: 0.68mg (4.57%), Vitamin K: 2.66µg (2.53%)