



Dill Havarti-Stuffed Chicken Breasts

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 2 chicken breast boneless skinless
- ☐ 4 oz havarti cheese sliced
- ☐ 1 tablespoon butter melted
- ☐ 0.3 teaspoon seasoning italian
- ☐ 1 serving salt and pepper freshly ground to taste
- ☐ 1 medium tomatoes sliced
- ☐ 0.5 cup cucumber english seedless sliced ()
- ☐ 2 teaspoons olive oil

☐ 1 serving salt and pepper freshly ground to taste

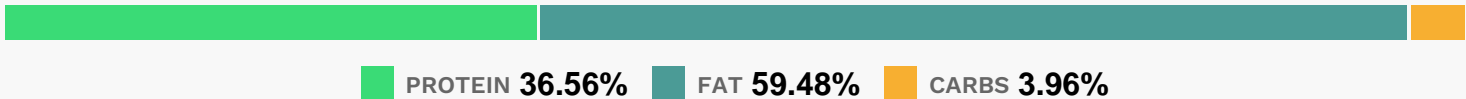
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F. Lightly spray small shallow baking dish with cooking spray.
- ☐ Cut a pocket in each chicken breast by making a horizontal slit along thin long edge, being careful to not cut through to opposite side.
- ☐ Place sliced cheese in pockets.
- ☐ Brush chicken with melted butter; sprinkle with Italian seasoning, salt and pepper.
- ☐ Place in baking dish.
- ☐ Bake uncovered 20 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- ☐ On each of 2 plates, arrange tomato and cucumber slices.
- ☐ Drizzle with oil; sprinkle with salt and pepper.
- ☐ Place 1 chicken breast on each plate.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:20.729130589444%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 423.52kcal (21.18%), Fat: 27.96g (43.02%), Saturated Fat: 14.63g (91.44%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.07g (2.3%), Cholesterol: 137.27mg (45.76%), Sodium: 801.7mg (34.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.67g (77.35%), Vitamin B3: 12.25mg (61.24%), Selenium: 41.14µg (58.77%), Phosphorus: 560.85mg (56.09%), Vitamin B6: 0.96mg (47.99%), Calcium: 365.96mg (36.6%), Vitamin A: 1202.3IU (24.05%), Zinc: 3.09mg (20.62%), Vitamin B5: 1.94mg (19.35%), Vitamin B2: 0.32mg (19.06%), Potassium: 645.03mg (18.43%), Vitamin B12: 1.02µg (17.01%), Magnesium: 55.6mg (13.9%), Vitamin K: 13.8µg (13.14%), Vitamin C: 10.8mg (13.09%), Folate: 50.39µg (12.6%), Vitamin E: 1.73mg (11.51%), Vitamin B1: 0.13mg (8.75%), Manganese: 0.15mg (7.7%), Copper: 0.13mg (6.4%), Iron: 0.87mg (4.81%), Fiber: 0.97g (3.9%), Vitamin D: 0.26µg (1.76%)