



Easy Cheesy Stuffed Chicken

READY IN



85 min.

SERVINGS



25

CALORIES



208 kcal

SIDE DISH

Ingredients

- 0.8 cup honey barbecue sauce sweet kraft
- 2 Tbsp butter
- 5 lb chickens quartered
- 1 cup italian* five cheese blend shredded kraft finely
- 1 onion chopped
- 6 oz stove top stuffing mix for chicken
- 2 cups zucchini shredded

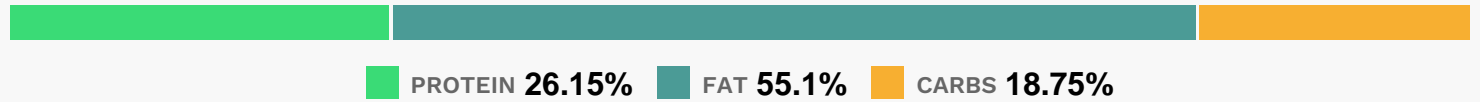
Equipment

- sauce pan
- oven
- roasting pan

Directions

- Heat oven to 400F.
- Melt butter in medium saucepan on medium heat.
- Add zucchini and onions; cook and stir 2 min. or until tender.
- Remove from heat. Stir in stuffing mix and cheese until well blended.
- Insert fingers carefully between the meat and skin of each chicken quarter to form a pocket. Fill pockets with stuffing mixture.
- Place, skin-sides up, in large roasting pan.
- Bake 45 min. or until chicken is done (165F).
- Brush with barbecue sauce.
- Bake 5 to 10 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:7.0282608711201%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 207.96kcal (10.4%), Fat: 12.58g (19.36%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 9.16g (3.33%), Sugar: 3.85g (4.27%), Cholesterol: 57.92mg (19.31%), Sodium: 249.71mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.87%), Vitamin B3: 4.75mg (23.75%), Selenium: 11.1µg (15.86%), Vitamin A: 637.62IU (12.75%), Phosphorus: 125.88mg (12.59%), Vitamin B6: 0.25mg (12.51%), Vitamin B12: 0.66µg (10.97%), Vitamin B2: 0.16mg (9.2%), Folate: 32.05µg (8.01%), Vitamin B5: 0.74mg

(7.43%), Iron: 1.27mg (7.04%), Zinc: 0.96mg (6.43%), Vitamin B1: 0.09mg (5.88%), Potassium: 199.23mg (5.69%), Magnesium: 18.68mg (4.67%), Manganese: 0.09mg (4.62%), Vitamin C: 3.74mg (4.54%), Copper: 0.07mg (3.45%), Calcium: 27.95mg (2.79%), Fiber: 0.47g (1.88%)