



Feta Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs dry italian-style divided
- 6 ounces feta cheese crumbled
- 6 chicken breast halves boneless skinless

Equipment

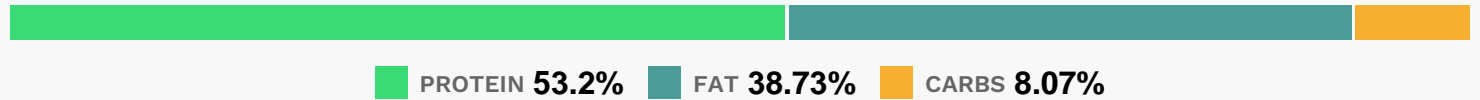
- oven
- baking pan
- wax paper
- rolling pin

meat tenderizer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Place chicken breasts between 2 pieces of waxed paper. Gently pound chicken with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wax paper.
- Place 1 ounce of feta cheese in the center of each chicken breast, and fold in half.
- Spread 2 tablespoons bread crumbs in the bottom of the prepared baking dish. Arrange chicken in the dish, and top with remaining bread crumbs.
- Bake 25 to 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:14.766956461513%

Nutrients (% of daily need)

Calories: 221.72kcal (11.09%), Fat: 9.26g (14.25%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 4.14g (1.5%), Sugar: 0.28g (0.31%), Cholesterol: 97.55mg (32.52%), Sodium: 487.2mg (21.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.23%), Vitamin B3: 12.37mg (61.83%), Selenium: 41.55µg (59.35%), Vitamin B6: 0.97mg (48.6%), Phosphorus: 340.26mg (34.03%), Vitamin B2: 0.37mg (21.79%), Vitamin B5: 1.91mg (19.09%), Calcium: 153.65mg (15.36%), Potassium: 444.5mg (12.7%), Vitamin B12: 0.72µg (12.01%), Vitamin B1: 0.16mg (10.63%), Zinc: 1.54mg (10.25%), Magnesium: 36.7mg (9.18%), Folate: 18.41µg (4.6%), Iron: 0.82mg (4.55%), Manganese: 0.07mg (3.31%), Vitamin A: 153.54IU (3.07%), Copper: 0.05mg (2.55%), Vitamin E: 0.27mg (1.8%), Vitamin C: 1.36mg (1.64%), Vitamin D: 0.23µg (1.51%)