



Feta-Stuffed Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup breadcrumbs dry
- 1 ounce feta cheese with basil and tomato crumbled
- 0.5 cup basil fresh chopped
- 1.5 teaspoons butter melted
- 1 teaspoon olive oil
- 0.1 teaspoon pepper
- 16 ounce skinned
- 3 cups torn spinach

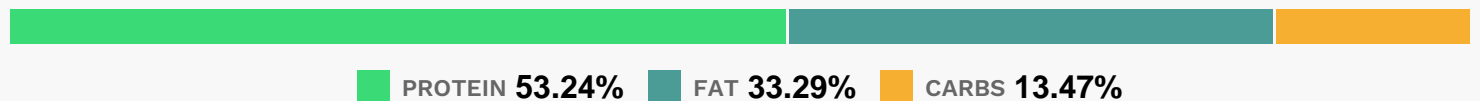
Equipment

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

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin. Dredge chicken in breadcrumbs. Spoon 1 tablespoon of cheese onto each piece of chicken, and fold chicken in half.
- Place folded breast halves in an 8-inch square baking dish coated with cooking spray.
- Drizzle margarine over chicken.
- Bake at 400 for 25 minutes or until done.
- Combine spinach and basil in a bowl, and drizzle with vinegar and oil.
- Sprinkle pepper over salad; toss well.
- Serve chicken over salad.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:21.843913231207%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 206.58kcal (10.33%), Fat: 7.44g (11.44%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.12g (1.24%), Cholesterol: 78.88mg (26.29%), Sodium: 298.28mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.53%), Vitamin K: 122.63µg (116.79%), Vitamin B3: 12.54mg (62.68%), Selenium: 39.29µg (56.13%), Vitamin A: 2399.41IU (47.99%), Vitamin B6: 0.94mg (46.82%), Phosphorus: 287.15mg (28.72%), Vitamin B5: 1.75mg (17.45%), Manganese: 0.33mg (16.53%), Potassium: 577.71mg (16.51%), Folate: 59.75µg (14.94%), Vitamin B2: 0.25mg (14.47%), Magnesium: 54.07mg (13.52%), Vitamin B1: 0.17mg (11.17%), Vitamin C: 8.23mg (9.97%), Iron: 1.54mg (8.54%), Calcium: 82.48mg (8.25%), Zinc: 1.11mg (7.38%), Vitamin B12: 0.37µg (6.2%), Vitamin E: 0.92mg (6.11%), Copper: 0.09mg (4.64%), Fiber: 0.86g (3.45%)