



Zucchini Stuffed Chicken

READY IN



80 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

Ingredients

- 3 slices bread
- 3 tablespoons butter
- 4 chicken breast bone-in with skin
- 0.5 teaspoon basil dried
- 1 eggs beaten
- 1 tablespoon parsley fresh chopped
- 0.5 small onion chopped
- 0.1 teaspoon pepper
- 0.5 teaspoon salt

- 0.8 cup swiss cheese shredded
- 2.5 cups zucchini shredded

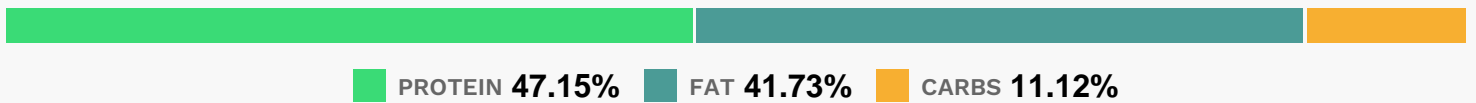
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.
- Loosen the skin on each chicken breast to form a pocket, and set aside.
- Heat the butter in a skillet over medium heat, and cook and stir the onion, parsley, and basil until the onion is translucent, about 5 minutes. Stir in the zucchini, and cook and stir until tender, about 2 more minutes.
- Remove the skillet from the heat, and thoroughly mix the torn bread, egg, Swiss cheese, salt, and pepper into the zucchini mixture until well-combined.
- Stuff the chicken breasts with the zucchini mixture, place them in the prepared baking dish, and bake in the preheated oven until the chicken breasts are golden brown and the stuffing is hot, 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:60.42, Glycemic Load:5.88, Inflammation Score:-7, Nutrition Score:30.526086796885%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 503.26kcal (25.16%), Fat: 22.92g (35.25%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 11.88g (4.32%), Sugar: 3.57g (3.97%), Cholesterol: 226.97mg (75.66%), Sodium: 779.99mg (33.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.27g (116.54%), Selenium: 88.15µg (125.93%), Vitamin B3: 25.15mg (125.75%), Vitamin B6: 1.89mg (94.44%), Phosphorus: 675.23mg (67.52%), Vitamin B5: 3.83mg (38.35%), Potassium: 1122.66mg (32.08%), Vitamin B2: 0.47mg (27.76%), Calcium: 245.5mg (24.55%), Vitamin K: 24.55µg (23.38%), Magnesium: 91.91mg (22.98%), Manganese: 0.46mg (22.97%), Vitamin C: 18.6mg (22.55%), Vitamin B12: 1.18µg (19.65%), Zinc: 2.85mg (19%), Vitamin B1: 0.28mg (18.54%), Vitamin A: 798.78IU (15.98%), Folate: 56.38µg (14.09%), Iron: 2.3mg (12.78%), Copper: 0.16mg (7.96%), Fiber: 1.86g (7.44%), Vitamin E: 1.07mg (7.11%), Vitamin D: 0.45µg (2.97%)