



Fleur-de-Lis Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 6 ounces crawfish tail meat cooked
- ☐ 0.3 cup mushrooms finely chopped
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 2 tablespoons parmesan cheese fresh grated

- ☐ 0.3 cup part-skim ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 cup pkt spinach chopped

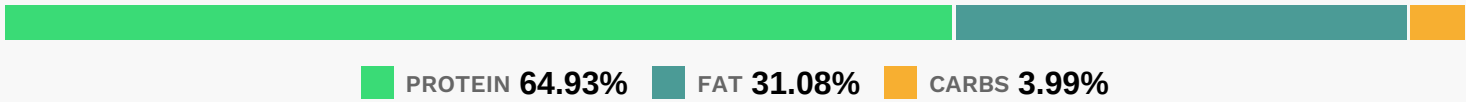
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 10 ingredients in a medium bowl.
- ☐ Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff 1/3 cup crawfish mixture into each pocket.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side or until browned. Wrap handle of pan with foil; bake at 350 for 35 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:17.583913393643%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 205.71kcal (10.29%), Fat: 6.88g (10.59%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.28g (0.31%), Cholesterol: 100.07mg (33.36%), Sodium: 417.98mg (18.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.71%), Vitamin B3: 15.03mg (75.16%), Selenium: 48.1µg (68.72%), Vitamin B6: 1.1mg (54.99%), Vitamin K: 36.72µg (34.97%), Phosphorus: 338.67mg (33.87%), Vitamin B5: 2.13mg (21.34%), Potassium: 604.16mg (17.26%), Vitamin A: 673.43IU (13.47%), Vitamin B2: 0.2mg (11.77%), Magnesium: 46.22mg (11.55%), Calcium: 74.21mg (7.42%), Zinc: 1.1mg (7.33%), Vitamin B1: 0.11mg (7.08%), Manganese: 0.14mg (6.97%), Iron: 1.02mg (5.67%), Vitamin B12: 0.34µg (5.65%), Folate: 21.49µg (5.37%), Vitamin C: 4.3mg (5.21%), Vitamin E: 0.55mg (3.69%), Copper: 0.07mg (3.68%), Fiber: 0.53g (2.14%), Vitamin D: 0.17µg (1.12%)