



Goat's cheese & thyme stuffed chicken



Gluten Free



Popular

READY IN



85 min.

SERVINGS



2

CALORIES



562 kcal

SIDE DISH

Ingredients

- ☐ 2 chicken breast boneless skinless
- ☐ 100 g goat cheese such as crottin de chavignol firm
- ☐ 1 tsp thyme sprigs fresh
- ☐ 4 bacon thinly sliced
- ☐ 2 zucchini thinly sliced
- ☐ 1 tbsp olive oil for drizzling
- ☐ 250 g tomatoes thinly sliced

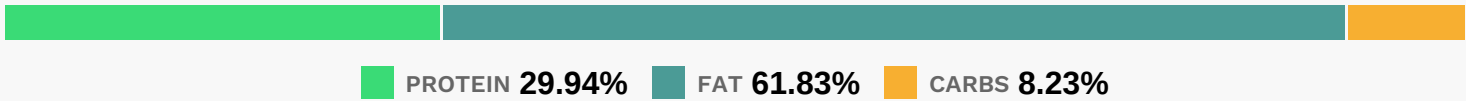
Equipment

- ☐ oven
- ☐ rolling pin

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Split the chicken breasts almost in half from one long side and open them out like a book. Bat them out a little with a rolling pin to flatten them. Season on all sides. Put half the goats cheese on each piece of chicken and sprinkle with the thyme leaves. Fold the chicken over to enclose the cheese, then wrap each one in two slices of the bacon.
- ☐ Lightly oil a shallow gratin dish, then arrange overlapping rows of courgettes and tomatoes over the base.
- ☐ Drizzle with olive oil and sprinkle with salt, pepper and thyme sprigs. Sit the chicken on top.
- ☐ Bake for 40–45 mins until the bacon is crisp and golden and the courgettes are tender.
- ☐ Serve straight from the dish with new potatoes or good bread.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:30.850869292798%

Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 562.4kcal (28.12%), Fat: 38.81g (59.71%), Saturated Fat: 14.95g (93.41%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 8.1g (2.95%), Sugar: 8.63g (9.59%), Cholesterol: 124.36mg (41.45%), Sodium: 628.47mg (27.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.3g (84.59%), Vitamin B3: 15.4mg (77.02%), Vitamin B6: 1.51mg (75.46%), Selenium: 46.8µg (66.85%), Vitamin C: 54.21mg (65.7%), Phosphorus: 533.56mg (53.36%), Vitamin A: 2018.93IU (40.38%), Potassium: 1328.54mg (37.96%), Vitamin B2: 0.55mg (32.27%), Copper: 0.59mg (29.74%), Manganese: 0.57mg (28.4%), Vitamin B5: 2.71mg (27.07%), Vitamin B1: 0.36mg (24.23%), Magnesium:

92.33mg (23.08%), Vitamin K: 23.64µg (22.52%), Folate: 76.49µg (19.12%), Zinc: 2.48mg (16.54%), Vitamin E: 2.41mg (16.08%), Iron: 2.72mg (15.11%), Fiber: 3.52g (14.06%), Calcium: 123.4mg (12.34%), Vitamin B12: 0.54µg (9.02%), Vitamin D: 0.49µg (3.26%)