



Gorgonzola Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons balsamic vinegar
- ☐ 4 chicken breast halves with skin and bones (2 1/2 pounds total)
- ☐ 0.3 pound gorgonzola chilled sliced
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water

Equipment

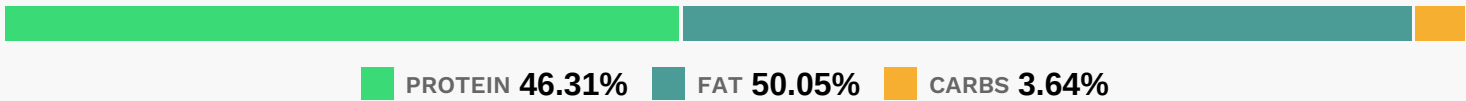
- ☐ frying pan
- ☐ oven

- ☐ sieve
- ☐ measuring cup

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Pat chicken dry, then cut a deep 3-inch-long pocket horizontally in long curved side of each chicken breast half. Fill each pocket with one quarter of cheese. Season chicken all over with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat oil in an ovenproof 12-inch heavy skillet over medium-high heat until it shimmers.
- ☐ Place chicken, skin side down, in skillet and cook, undisturbed, until golden brown, about 4 minutes. Turn breasts over, then place skillet in oven and bake until just cooked through, 20 to 25 minutes.
- ☐ Transfer chicken to a platter.
- ☐ Return skillet to burner (handle will be very hot) and add water and vinegar. Boil, stirring and scraping up any brown bits and melted cheese, until sauce thickens slightly, about 3 minutes. Strain through a fine-mesh sieve into a heatproof measuring cup, then skim off excess fat. Season with salt and pepper.
- ☐ Serve chicken with sauce.
- ☐ nutty brown rice

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:14.138695540635%

Nutrients (% of daily need)

Calories: 267.75kcal (13.39%), Fat: 14.46g (22.25%), Saturated Fat: 6.46g (40.38%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.64g (1.82%), Cholesterol: 93.58mg (31.19%), Sodium: 460.39mg (20.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.11g (60.21%), Vitamin B3: 12.08mg (60.38%), Selenium: 40.27µg (57.53%), Vitamin B6: 0.89mg (44.67%), Phosphorus: 348.91mg (34.89%), Vitamin B5: 2.1mg (21%), Calcium: 158.63mg (15.86%), Potassium: 501.87mg (14.34%), Vitamin B2: 0.22mg (13.02%), Vitamin B12: 0.57µg (9.53%), Zinc: 1.42mg (9.46%), Magnesium: 37.3mg (9.32%), Vitamin K: 7.16µg (6.82%), Vitamin B1: 0.08mg

(5.37%), Vitamin A: 250.21IU (5%), Vitamin E: 0.56mg (3.76%), Folate: 14.73µg (3.68%), Iron: 0.58mg (3.21%),
Copper: 0.05mg (2.38%), Vitamin D: 0.25µg (1.7%), Vitamin C: 1.36mg (1.64%), Manganese: 0.03mg (1.63%)