



Greek Cream Cheese-Stuffed Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

Ingredients

- 6 ounce olives black chopped canned
- 8 ounce whipped cream cheese
- 0.8 cup feta cheese crumbled
- 0.3 onion chopped
- 6 chicken breast halves boneless skinless to taste
- 0.3 cup pkt spinach fresh chopped
- 1 tomatoes diced

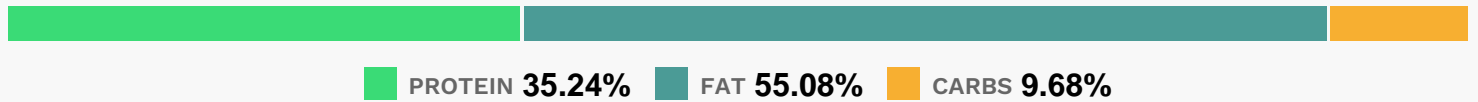
Equipment

- bowl
- grill
- kitchen thermometer
- aluminum foil

Directions

- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Cut each chicken breast from one side through the middle horizontally to within one-half inch of the other side. Open the two sides and spread them out like an open book.
- Mix cream cheese, feta cheese, tomato, olives, onion, and spinach together in a large bowl. Spoon cheese mixture onto 1 side of each opened chicken breast. Fold each chicken breast closed and place on a piece of aluminum foil.
- Cook the chicken breasts on the preheated grill until no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:3.1, Inflammation Score:-6, Nutrition Score:16.321304103603%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 322.57kcal (16.13%), Fat: 19.74g (30.38%), Saturated Fat: 8.95g (55.92%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 6.52g (2.37%), Sugar: 3.92g (4.35%), Cholesterol: 117.74mg (39.25%), Sodium: 792.3mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Vitamin B3: 12.2mg (61.01%), Selenium: 39.79µg (56.85%), Vitamin B6: 0.97mg (48.72%), Phosphorus: 342.12mg (34.21%), Vitamin B5: 1.94mg (19.38%), Vitamin B2: 0.31mg (17.96%), Potassium: 559.45mg (15.98%), Calcium: 155.35mg (15.53%), Vitamin A: 771.43IU

(15.43%), Vitamin E: 1.71mg (11.38%), Magnesium: 43.92mg (10.98%), Vitamin B12: 0.65µg (10.87%), Zinc: 1.4mg (9.31%), Vitamin K: 9.35µg (8.91%), Vitamin B1: 0.13mg (8.79%), Vitamin C: 4.85mg (5.88%), Fiber: 1.29g (5.15%), Folate: 18.88µg (4.72%), Copper: 0.09mg (4.49%), Iron: 0.8mg (4.43%), Manganese: 0.06mg (3.15%), Vitamin D: 0.34µg (2.26%)