



Greek Garlic and Herb-Stuffed Grilled Chicken Breasts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz alouette garlic & herbs spreadable cheese
- 0.3 cup kalamata olives dry coarsely chopped
- 0.3 cup spring onion finely chopped
- 1.5 teaspoons oregano fresh chopped
- 4 chicken breast boneless skinless
- 1 tablespoon olive oil
- 0.3 teaspoon salt

0.3 teaspoon pepper

Equipment

bowl

toothpicks

grill

Directions

Heat gas or charcoal grill. In medium bowl, stir together cheese, olives, onions and oregano.

Place chicken breasts flat on cutting surface.

Cut a lengthwise slit in each chicken breast forming a pocket, keeping other 3 sides intact. Stuff each chicken with cheese mixture; secure with toothpicks.

Brush chicken with oil; sprinkle with salt and pepper.

Place chicken on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning occasionally, until juice of chicken is clear when center of thickest part is cut (170°F).

Nutrition Facts


PROTEIN 36.37% **FAT 57.79%** **CARBS 5.84%**

Properties

Glycemic Index:17.25, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:13.041739142459%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 279.65kcal (13.98%), Fat: 18.06g (27.78%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.29g (0.32%), Cholesterol: 103.14mg (34.38%), Sodium: 607.61mg (26.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Vitamin B3: 11.89mg (59.46%), Selenium: 36.35µg (51.93%), Vitamin B6: 0.86mg (43.16%), Phosphorus: 242.14mg (24.21%), Vitamin K: 24.61µg (23.44%), Vitamin B5: 1.63mg (16.28%), Potassium: 457mg (13.06%), Vitamin E: 1.33mg (8.88%), Magnesium: 34.53mg (8.63%), Vitamin B2: 0.12mg (7.33%), Vitamin B1: 0.08mg (5.38%), Iron: 0.91mg (5.03%), Zinc: 0.71mg

(4.76%), Manganese: 0.08mg (4.2%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.94g (3.75%), Vitamin C: 2.94mg (3.56%),
Vitamin A: 174.64IU (3.49%), Calcium: 30.16mg (3.02%), Folate: 11.99µg (3%), Copper: 0.06mg (2.87%)