



## Grilled Cheddar-Stuffed Chicken Breasts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

### Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 3 oz cheddar cheese
- 1 tablespoon butter melted
- 0.3 cup salsa thick

### Equipment

- plastic wrap

- grill
- rolling pin
- meat tenderizer

## Directions

- Heat gas or charcoal grill. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- Sprinkle with salt and pepper.
- Cut cheese into 4 slices, about 3x1x1/4 inch.
- Place 1 slice cheese in center of each chicken piece.
- Roll chicken around cheese, folding in sides.
- Brush chicken rolls with butter.
- Place chicken rolls, seam sides down, on grill over medium heat. Cover grill; cook about 15 minutes, turning after 10 minutes, until juice of chicken is no longer pink in center.
- Serve chicken with salsa.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:16.681739252547%

## Nutrients (% of daily need)

Calories: 278.53kcal (13.93%), Fat: 13.75g (21.16%), Saturated Fat: 5.48g (34.22%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.69g (0.77%), Cholesterol: 111.98mg (37.33%), Sodium: 588.45mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.65%), Vitamin B3: 14.98mg (74.9%), Selenium: 51.53µg (73.61%), Vitamin B6: 1.11mg (55.28%), Phosphorus: 401.25mg (40.13%), Vitamin B5: 2.15mg (21.45%), Potassium: 585.92mg (16.74%), Calcium: 163.65mg (16.37%), Vitamin B2: 0.24mg (14.25%), Magnesium: 45.36mg (11.34%), Zinc: 1.64mg (10.91%), Vitamin A: 459.45IU (9.19%), Vitamin B12: 0.51µg (8.54%), Vitamin B1: 0.1mg (6.87%), Vitamin E: 0.74mg (4.91%), Iron: 0.64mg (3.56%), Manganese: 0.06mg (2.9%), Copper: 0.06mg (2.88%), Folate: 10.84µg (2.71%), Vitamin C: 2.02mg (2.44%), Vitamin D: 0.27µg (1.8%), Vitamin K: 1.68µg (1.6%), Fiber: 0.32g (1.3%)