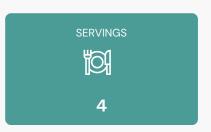


Grilled Cheddar-Stuffed Chicken Breasts

Gluten Free







SIDE DISH

Ingredients

	1.3 lb chicken breast	boneless skinless
	0.3 teaspoon salt	

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0.3 teaspoon peppe	er
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- 3 oz cheddar cheese
- 1 tablespoon butter melted
- O.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						
PROTEIN 51.95% FAT 45.51% CARBS 2.54%						

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: Og (100%), Alcohol %: O% (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%)