



Grilled Cheesy Ham-Stuffed Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds chicken breast boneless skinless
- ☐ 0.5 cup philadelphia cheese and herb cooking creme
- ☐ 4 ounces pancetta fully cooked thinly sliced
- ☐ 0.5 cup salad dressing italian

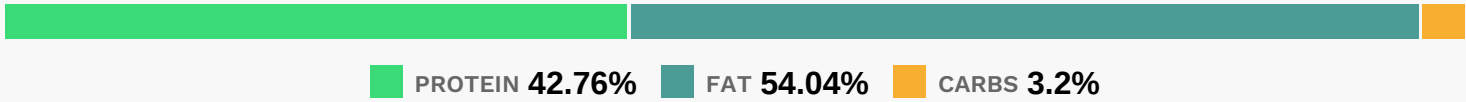
Equipment

- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. Carefully cut a horizontal slit in each chicken breast half, making a pocket when top of chicken is lifted back.
- ☐ Spread 1 tablespoon cheese inside each chicken pocket. Top with folded slices of prosciutto. Close chicken around filling, being sure that most of the filling is enclosed.
- ☐ Brush dressing on chicken.
- ☐ Cover and grill chicken 4 to 5 inches from medium-high heat 10 to 12 minutes, brushing occasionally with dressing and turning once, until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:14.852608717006%

Nutrients (% of daily need)

Calories: 317.14kcal (15.86%), Fat: 18.51g (28.48%), Saturated Fat: 7.2g (45%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 2.47g (0.9%), Sugar: 2.09g (2.33%), Cholesterol: 115.37mg (38.46%), Sodium: 495.89mg (21.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.96g (65.92%), Vitamin B3: 15.37mg (76.87%), Selenium: 48.5µg (69.29%), Vitamin B6: 1.11mg (55.44%), Phosphorus: 320.28mg (32.03%), Vitamin B5: 2.1mg (20.99%), Potassium: 564.87mg (16.14%), Magnesium: 39.29mg (9.82%), Vitamin B2: 0.15mg (9.01%), Vitamin B1: 0.13mg (8.85%), Vitamin K: 8.51µg (8.1%), Zinc: 1mg (6.66%), Vitamin B12: 0.35µg (5.91%), Vitamin E: 0.65mg (4.35%), Vitamin A: 205.95IU (4.12%), Iron: 0.62mg (3.45%), Copper: 0.05mg (2.35%), Vitamin C: 1.76mg (2.13%), Calcium: 19.89mg (1.99%), Folate: 5.67µg (1.42%), Manganese: 0.03mg (1.37%), Vitamin D: 0.2µg (1.32%)