



Grilled Chicken with Cherries and Goat Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cherries fresh pitted stemmed plus more cherries for garnish
- 2 ounces goat cheese fresh with herbs
- 0.5 cup neufchâtel cheese softened
- 2 lb chicken breast halves boneless skinless

Equipment

- bowl
- toothpicks

- grill
- grill pan

Directions

- Cut a horizontal slit in center of each chicken breast, cutting in as far as possible without cutting through, to make a pocket.
- In a small bowl, mix together goat cheese and Neufchâtel cheese. Stuff cheese mixture into each breast, pressing mixture evenly with fingers. Insert about 7 cherries into each breast and then secure opening with toothpicks to prevent leaking during cooking.
- Preheat grill or grease a grill pan and heat over medium heat.
- Add chicken and cook, covered, for 15 minutes, turning once.
- Remove toothpicks before serving.
- Garnish with fresh cherries.

Nutrition Facts

PROTEIN 56.28% **FAT 36.84%** **CARBS 6.88%**

Properties

Glycemic Index:12.25, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:23.252174024997%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 392.52kcal (19.63%), Fat: 15.67g (24.1%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 5.86g (2.13%), Sugar: 5.49g (6.1%), Cholesterol: 173.55mg (57.85%), Sodium: 414.02mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.85g (107.69%), Vitamin B3: 23.83mg (119.16%), Selenium:

73.86µg (105.51%), Vitamin B6: 1.76mg (88.16%), Phosphorus: 560.62mg (56.06%), Vitamin B5: 3.57mg (35.67%), Potassium: 964.37mg (27.55%), Vitamin B2: 0.34mg (19.88%), Magnesium: 67.99mg (17%), Zinc: 1.71mg (11.42%), Vitamin B1: 0.17mg (11.39%), Vitamin A: 485.26IU (9.71%), Copper: 0.19mg (9.68%), Vitamin B12: 0.57µg (9.49%), Iron: 1.27mg (7.06%), Calcium: 70.27mg (7.03%), Vitamin C: 5.14mg (6.23%), Folate: 16.29µg (4.07%), Vitamin E: 0.6mg (3.99%), Manganese: 0.08mg (3.78%), Fiber: 0.72g (2.9%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.94µg (1.84%)