



WHATSheATE



Guava-Stuffed Chicken with Caramelized Mango

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter ()
- ☐ 2 tablespoons canola oil
- ☐ 3 ounces cream cheese room temperature
- ☐ 0.5 cup wine dry white
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 6 garlic clove chopped

- ☐ 1.5 ounces guava
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup chicken broth
- ☐ 1 large mangos pitted peeled halved cut into 1/2-inch-thick slices
- ☐ 0.8 cup olive oil
- ☐ 6 large chicken breast halves boneless skinless
- ☐ 2 cups pkt spinach fresh loosely packed chopped

Equipment

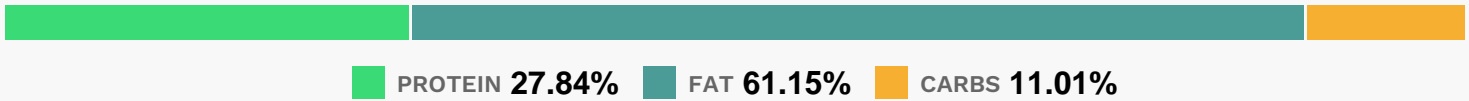
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ toothpicks
- ☐ pastry bag

Directions

- ☐ Whisk first 5 ingredients in large bowl.
- ☐ Add chicken breasts; turn to coat. Cover chicken breasts and chill 3 to 4 hours, turning occasionally.
- ☐ Whisk cream cheese and guava paste in medium bowl to blend. Stir in spinach. Cover and chill to firm slightly, at least 2 hours.
- ☐ Transfer to pastry bag.
- ☐ Remove 1 chicken breast from marinade, scraping excess marinade back into bowl. Insert small sharp knife into 1 side of chicken breast; move knife in arc to create large pocket, keeping opening about 1 1/2 inches long. Repeat with remaining chicken. Pipe filling through openings in chicken breasts to fill pockets. Close openings with metal turkey pins or toothpicks. (Can be made 4 hours ahead. Cover and chill.)
- ☐ Heat 1 tablespoon canola oil in each of 2 heavy large skillets over medium heat.
- ☐ Add 3 chicken breasts to each skillet. Cook chicken until brown, about 3 minutes per side.

- ☐ Transfer to plate.
- ☐ Transfer any juices from 1 skillet into second skillet.
- ☐ Add wine and broth to second skillet. Bring to boil.
- ☐ Add chicken breasts to wine mixture in skillet. Cover skillet; reduce heat to medium and simmer until chicken is cooked through, basting occasionally, about 10 minutes.
- ☐ Transfer chicken to work surface; let stand 10 minutes.
- ☐ Meanwhile, melt butter in another heavy large skillet over medium-high heat.
- ☐ Add mango slices and sauté until brown, about 2 minutes per side.
- ☐ Slice chicken diagonally into 1/2-inch-thick slices. Arrange chicken on platter. Boil juices in skillet until slightly thickened and sauce is reduced to 3/4 cup, about 3 minutes.
- ☐ Drizzle sauce over chicken and surround with mango.
- ☐ *A firm block of concentrated fruit available at some supermarkets, at Latin markets, and at cafecubano.com.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:3.55, Inflammation Score:-10, Nutrition Score:23.083043513091%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 391.49kcal (19.57%), Fat: 25.89g (39.83%), Saturated Fat: 9.5g (59.39%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 8.85g (3.22%), Sugar: 6.46g (7.18%), Cholesterol: 106.7mg (35.57%), Sodium: 252.94mg (11%),

Alcohol: 2.06g (100%), Alcohol %: 0.94% (100%), Protein: 26.51g (53.03%), Vitamin K: 90.62µg (86.3%), Vitamin B3: 12.57mg (62.86%), Selenium: 38.28µg (54.69%), Vitamin C: 44.15mg (53.51%), Vitamin B6: 0.99mg (49.34%), Vitamin A: 2092.94IU (41.86%), Phosphorus: 285.81mg (28.58%), Potassium: 661.32mg (18.89%), Vitamin B5: 1.87mg (18.65%), Vitamin E: 2.75mg (18.3%), Magnesium: 52.04mg (13.01%), Manganese: 0.26mg (12.93%), Folate: 50.2µg (12.55%), Vitamin B2: 0.21mg (12.37%), Iron: 1.5mg (8.31%), Vitamin B1: 0.11mg (7.37%), Copper: 0.14mg (6.9%), Fiber: 1.64g (6.56%), Zinc: 0.98mg (6.55%), Calcium: 57.5mg (5.75%), Vitamin B12: 0.29µg (4.88%)