



Herb and Goat Cheese-Stuffed Chicken Breasts

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 4 ounce goat cheese
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 4 teaspoons olive oil divided
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 24 ounce chicken breast halves boneless skinless

☐ 10 ounce pkt spinach fresh

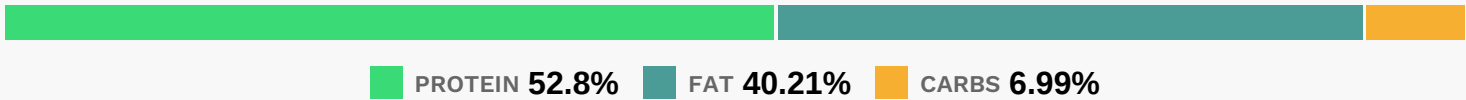
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff 2 tablespoons cheese mixture into each pocket; close opening with a wooden pick.
- ☐ Sprinkle chicken with 1/4 teaspoon salt.
- ☐ Heat a large nonstick skillet over medium-high heat; add 1 tablespoon olive oil to pan.
- ☐ Add chicken to pan, and cook for 2 minutes on 1 side or until browned. Arrange chicken on a baking sheet (browned side up); broil for 8 minutes or until done.
- ☐ Heat skillet over medium-high heat.
- ☐ Add remaining 1 teaspoon oil, red pepper, and spinach; cook for 2 minutes or until spinach wilts. Stir in the remaining 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.34, Inflammation Score:0, Nutrition Score:35.963913238567%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 4.55mg, Kaempferol: 4.55mg, Kaempferol: 4.55mg, Kaempferol: 4.55mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg

Myricetin: 0.54mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 338.05kcal (16.9%), Fat: 14.91g (22.94%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 3.8g (1.38%), Sugar: 0.81g (0.9%), Cholesterol: 121.9mg (40.63%), Sodium: 679.79mg (29.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.06g (88.12%), Vitamin K: 378.76µg (360.72%), Vitamin A: 7301.46IU (146.03%), Vitamin B3: 18.71mg (93.54%), Selenium: 56.91µg (81.3%), Vitamin B6: 1.5mg (74.76%), Phosphorus: 474.05mg (47.41%), Folate: 157.64µg (39.41%), Manganese: 0.76mg (37.98%), Vitamin C: 25.41mg (30.8%), Potassium: 1067.4mg (30.5%), Magnesium: 109.56mg (27.39%), Vitamin B5: 2.7mg (27.01%), Vitamin B2: 0.44mg (25.69%), Iron: 3.57mg (19.82%), Copper: 0.37mg (18.39%), Vitamin E: 2.45mg (16.36%), Vitamin B1: 0.22mg (14.96%), Calcium: 134.69mg (13.47%), Zinc: 1.73mg (11.55%), Fiber: 2.04g (8.15%), Vitamin B12: 0.41µg (6.79%), Vitamin D: 0.28µg (1.89%)