



Herbed Stuffed Chicken Breasts

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 ounces canadian bacon finely chopped
- 0.5 teaspoon rosemary fresh chopped
- 2 ounces goat cheese
- 0.3 teaspoon salt
- 24 ounce chicken breasts boneless skinless

Equipment

- bowl

frying pan

oven

Directions

Preheat oven to 40

Combine first 3 ingredients in a small bowl.

Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 3 tablespoons cheese mixture into each pocket; close opening with a wooden pick.

Sprinkle chicken evenly with salt and pepper.

Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray.

Add chicken to pan; cook 4 minutes. Turn chicken over; place pan in oven.

Bake at 400 for 25 minutes or until chicken is done.

Let stand 5 minutes. Discard wooden picks.

Cut chicken diagonally into 1/2-inch-thick slices.

Serve with pan juices.

Combine 1/4 teaspoon salt, 1/4 teaspoon freshly ground black pepper, and 1 pound trimmed asparagus on a jelly-roll pan coated with cooking spray; toss gently.

Bake at 400 for 10 minutes or until asparagus is crisp-tender.

Place asparagus in a large bowl; toss with 1 tablespoon butter and 1 tablespoon chopped fresh chives. Complete the meal with a sliced baguette and a glass of crisp white wine.

Nutrition Facts

 PROTEIN **68.47%**  FAT **31%**  CARBS **0.53%**

Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:18.590869763623%

Nutrients (% of daily need)

Calories: 253.92kcal (12.7%), Fat: 8.39g (12.9%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.29g (0.1%), Sugar: 0.13g (0.14%), Cholesterol: 122.47mg (40.82%), Sodium: 522.99mg (22.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.68g (83.35%), Vitamin B3: 18.69mg (93.43%), Selenium: 58.38µg (83.4%), Vitamin B6: 1.37mg (68.26%), Phosphorus: 428.14mg (42.81%), Vitamin B5: 2.6mg (25.96%), Potassium: 683.58mg (19.53%), Vitamin B1: 0.23mg (15.03%), Vitamin B2: 0.25mg (14.62%), Magnesium: 49.13mg (12.28%), Zinc: 1.32mg (8.77%), Copper: 0.16mg (7.89%), Vitamin B12: 0.46µg (7.7%), Iron: 1.01mg (5.61%), Vitamin D: 0.62µg (4.16%), Vitamin A: 198.5IU (3.97%), Calcium: 30.17mg (3.02%), Manganese: 0.06mg (2.97%), Vitamin E: 0.38mg (2.53%), Vitamin C: 2.04mg (2.48%), Folate: 9.11µg (2.28%)