



Make-Ahead Creamy Jalapeno-Stuffed Chicken

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



3513 kcal

SIDE DISH

Ingredients

- 8 oz four cheese shredded mexican style divided kraft finely
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 1 cup salsa green
- 2 jalapeño peppers fresh seeded finely chopped
- 2 lb chicken breasts boneless skinless
- 1 cup tortilla chips crushed finely

Equipment

- frying pan
- oven

Directions

- Place chicken on work surface.
- Mix cream cheese, 1-1/2 cups shredded cheese and peppers until blended; spread onto chicken.
- Roll up tightly, starting at one short end of each breast. Refrigerate up to 8 hours.
- Heat oven to 375F. Beat egg in shallow dish.
- Place crushed chips in separate shallow dish. Dip chicken in egg, then roll in crushed chips.
- Place, seam sides down, in single layer in shallow pan sprayed with cooking spray.
- Bake 35 min. or until chicken is done (165F). Meanwhile, warm salsa.
- Top chicken with remaining shredded cheese.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:72.883478164673%

Flavonoids

Luteolin: 11.21mg, Luteolin: 11.21mg, Luteolin: 11.21mg, Luteolin: 11.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 3512.85kcal (175.64%), Fat: 210.54g (323.91%), Saturated Fat: 99.25g (620.3%), Carbohydrates: 121.51g (40.5%), Net Carbohydrates: 111.25g (40.46%), Sugar: 30.17g (33.53%), Cholesterol: 1200.14mg (400.05%), Sodium: 5319.48mg (231.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 275.14g (550.29%), Selenium: 392.55µg (560.79%), Vitamin B3: 97.08mg (485.41%), Vitamin B6: 7.89mg (394.6%), Phosphorus: 3579.96mg (358%),

Vitamin C: 210.83mg (255.55%), Calcium: 2039.14mg (203.91%), Vitamin B5: 17.43mg (174.3%), Vitamin B2: 2.78mg (163.37%), Vitamin A: 8124.68IU (162.49%), Potassium: 4975.89mg (142.17%), Zinc: 17.18mg (114.55%), Magnesium: 443.19mg (110.8%), Vitamin B12: 5.11µg (85.15%), Vitamin E: 10.78mg (71.85%), Vitamin B1: 1.01mg (67.52%), Vitamin K: 53.8µg (51.24%), Fiber: 10.26g (41.02%), Folate: 162.61µg (40.65%), Iron: 7.3mg (40.53%), Copper: 0.66mg (33.05%), Manganese: 0.49mg (24.32%), Vitamin D: 3.15µg (20.99%)