



Mediterranean Stuffed Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 4 chicken breast halves - pounded boneless skinless thin
- 4 ounces cream cheese softened
- 2 teaspoons dill weed dried
- 0.3 cup feta cheese
- 1 teaspoon garlic powder
- 4 servings salt and pepper to taste

Equipment

bowl

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

TO MAKE FILLING: In a large bowl beat the cream cheese until smooth.

Add the feta cheese, dill weed and garlic powder. Beat until smooth and creamy.

Put a dollop of 1/4 of the filling on each breast, then roll and tie the breasts with cooking string to seal.

Brush each breast with melted butter/margarine and sprinkle with salt and pepper to taste.

Bake uncovered in the preheated oven for 20 minutes or until the juices run clear.

Nutrition Facts

 **PROTEIN 35.59%** **FAT 60.72%** **CARBS 3.69%**

Properties

Glycemic Index:27.25, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:14.134782601958%

Nutrients (% of daily need)

Calories: 315.11kcal (15.76%), Fat: 21.07g (32.42%), Saturated Fat: 11.63g (72.69%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.74g (1%), Sugar: 1.09g (1.21%), Cholesterol: 127.13mg (42.38%), Sodium: 602.89mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.58%), Vitamin B3: 11.96mg (59.79%), Selenium: 40.72µg (58.18%), Vitamin B6: 0.94mg (46.82%), Phosphorus: 317.26mg (31.73%), Vitamin B5: 1.91mg (19.06%), Vitamin B2: 0.29mg (16.97%), Potassium: 490.48mg (14.01%), Vitamin A: 671.56IU (13.43%), Calcium: 106.09mg (10.61%), Magnesium: 37.28mg (9.32%), Vitamin B12: 0.51µg (8.53%), Zinc: 1.2mg (8.02%), Vitamin B1: 0.1mg (6.92%), Iron: 0.82mg (4.55%), Vitamin E: 0.65mg (4.32%), Folate: 11.63µg (2.91%), Manganese: 0.05mg (2.56%), Copper: 0.05mg (2.31%), Vitamin C: 1.62mg (1.96%), Vitamin K: 1.54µg (1.47%), Vitamin D: 0.16µg (1.09%)