



Mediterranean Stuffed Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce feta cheese crumbled
- ☐ 1 tablespoon basil fresh minced
- ☐ 2 tablespoons kalamata olives pitted finely chopped
- ☐ 1 large bell pepper red
- ☐ 6 ounce chicken breast boneless skinless
- ☐ 5 frangelico
- ☐ 5 frangelico

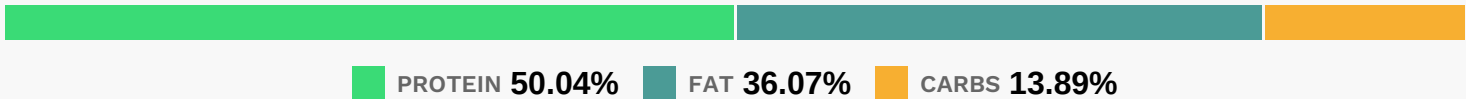
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and finely chop. Prepare grill to medium-high heat.
- ☐ Combine bell pepper, cheese, olives, and basil.
- ☐ Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2 tablespoons bell pepper mixture into each pocket; close opening with a wooden pick.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Place chicken on a grill rack coated with cooking spray. Grill 6 minutes on each side or until done.
- ☐ Remove from grill; cover loosely with foil, and let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:5.2995651772489%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 41.92kcal (2.1%), Fat: 1.68g (2.59%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.87g (0.97%), Cholesterol: 16.76mg (5.59%), Sodium: 97.09mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin C: 26.54mg (32.17%), Vitamin A:

684.24IU (13.68%), Vitamin B3: 2.46mg (12.3%), Vitamin B6: 0.23mg (11.75%), Selenium: 7.37µg (10.54%), Phosphorus: 62.14mg (6.21%), Vitamin B2: 0.07mg (4.05%), Vitamin B5: 0.4mg (4.03%), Potassium: 125.7mg (3.59%), Vitamin E: 0.45mg (2.99%), Folate: 11.64µg (2.91%), Magnesium: 9.04mg (2.26%), Calcium: 21.45mg (2.15%), Vitamin K: 2.18µg (2.07%), Vitamin B1: 0.03mg (2.04%), Fiber: 0.5g (2%), Zinc: 0.28mg (1.86%), Vitamin B12: 0.1µg (1.71%), Manganese: 0.03mg (1.5%), Iron: 0.21mg (1.15%)