



Miso-Stuffed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 4 large chicken breast halves on the bone with skin intact (8 to 10 ounces each)
- ☐ 2 cups chicken stock see low-sodium canned
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 0.8 teaspoon ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon honey
- ☐ 2.5 tablespoons miso dark
- ☐ 4 servings salt and pepper freshly ground

- ☐ 2 medium scallions white finely chopped
- ☐ 1 teaspoon vegetable oil

Equipment

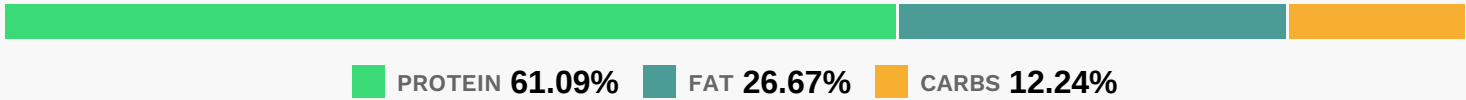
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 40
- ☐ In a small bowl, combine 1 1/2 tablespoons of the miso with the garlic, ginger and honey.
- ☐ Pat the chicken breasts dry with paper towels. Using your fingers, make a small opening in each breast between the meat and skin (be careful not to break the skin). Stuff a quarter of the miso paste through each opening and press lightly on the skin to work the paste all over the breasts. Lightly season both sides of the chicken with salt and pepper.
- ☐ Heat the vegetable oil in a large skillet.
- ☐ Add the chicken breasts to the pan, skin side down, and cook over moderately high heat until brown and crusty, about 4 minutes. Turn and cook on the other side until brown and crusty, about 3 minutes.
- ☐ Transfer the chicken to a baking sheet and bake for about 15 minutes, or until cooked through.
- ☐ Pour off the fat from the skillet.
- ☐ Add the scallions to the skillet and cook over high heat until fragrant, about 1 minute.
- ☐ Pour in the chicken stock and scrape the bottom of the pan with a wooden spoon to loosen the browned bits. Cook over high heat until the sauce has reduced to 1/2 cup, about 12 minutes.

- ☐
- Whisk in the remaining 1 tablespoon miso. Strain the sauce through a fine-meshed sieve, pressing on the solids. Stir in the basil and season with salt and pepper.
- ☐
- To serve, transfer the chicken breasts to plates and spoon the pan sauce on top.
- ☐
- Notes: ONE SERVING: Calories 324 kcal, Protein 44 gm, Soy Protein 1 gm, Carbohydrate 6 gm, Cholesterol 116 mg, Total Fat 7 gm, Saturated Fat 7 gm

Nutrition Facts



Properties

Glycemic Index:65.07, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:14.343043441358%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 185.06kcal (9.25%), Fat: 5.43g (8.35%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.79g (1.74%), Sugar: 1.37g (1.52%), Cholesterol: 72.32mg (24.11%), Sodium: 758.12mg (32.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.93%), Vitamin B3: 13.56mg (67.78%), Selenium: 37.17µg (53.1%), Vitamin B6: 0.9mg (45.2%), Phosphorus: 295.09mg (29.51%), Vitamin K: 23.03µg (21.94%), Vitamin B5: 1.66mg (16.63%), Potassium: 571.91mg (16.34%), Vitamin B2: 0.18mg (10.68%), Magnesium: 38.03mg (9.51%), Manganese: 0.15mg (7.64%), Copper: 0.15mg (7.46%), Zinc: 1.1mg (7.33%), Iron: 1.09mg (6.05%), Vitamin B1: 0.09mg (6.01%), Vitamin B12: 0.35µg (5.88%), Vitamin C: 3.34mg (4.05%), Fiber: 0.82g (3.27%), Folate: 11.77µg (2.94%), Vitamin A: 144.43IU (2.89%), Calcium: 25.63mg (2.56%), Vitamin E: 0.36mg (2.37%)