



Mushroom-Stuffed Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided
- 0.5 teaspoon thyme leaves dried
- 2 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 1 garlic clove minced
- 0.3 cup green onions chopped
- 8 ounces pre mushrooms
- 1 tablespoon olive oil
- 2 ounces part-skim mozzarella cheese shredded

- 0.8 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless
- 2 ounce bread white

Equipment

- food processor
- frying pan
- oven
- kitchen thermometer

Directions

- Preheat oven to 35
- Pulse bread in a food processor to form fine crumbs.
- Place in a dish.
- Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- Add onions and mushrooms; saut 10 minutes. Stir in thyme and garlic. Cool mixture 10 minutes; stir in cheese, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Cut a slit through thickest portion of each breast half to form a pocket. Stuff each with 1/4 cup mushroom mixture.
- Sprinkle chicken with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Place flour in a shallow dish.
- Place eggs in a shallow dish. Dredge chicken in flour. Dip in eggs; dredge in breadcrumbs.
- Heat oil in skillet over medium-high heat.
- Add chicken; cook 2 minutes on each side or until browned.
- Place pan in oven.
- Bake at 350 for 15 minutes or until a thermometer registers 165.

Nutrition Facts



Properties

Glycemic Index:68.94, Glycemic Load:9.89, Inflammation Score:-6, Nutrition Score:26.673913147139%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 379.88kcal (18.99%), Fat: 13.35g (20.54%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 14.91g (5.42%), Sugar: 2.31g (2.57%), Cholesterol: 210.93mg (70.31%), Sodium: 828.5mg (36.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.8g (93.59%), Selenium: 75.52µg (107.89%), Vitamin B3: 21mg (105.02%), Vitamin B6: 1.42mg (70.82%), Phosphorus: 549.66mg (54.97%), Vitamin B5: 3.79mg (37.9%), Vitamin B2: 0.63mg (37.33%), Potassium: 905.74mg (25.88%), Vitamin B1: 0.31mg (20.43%), Calcium: 175.77mg (17.58%), Vitamin K: 18.3µg (17.43%), Folate: 63.91µg (15.98%), Magnesium: 63.29mg (15.82%), Zinc: 2.22mg (14.8%), Copper: 0.29mg (14.44%), Iron: 2.53mg (14.04%), Manganese: 0.26mg (13.16%), Vitamin B12: 0.7µg (11.69%), Vitamin E: 1.2mg (7.99%), Vitamin A: 322.85IU (6.46%), Vitamin C: 4.7mg (5.7%), Fiber: 1.39g (5.57%), Vitamin D: 0.83µg (5.51%)