



Oven Roasted Stuffed Chicken Breasts

READY IN



75 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 6 chicken breast halves boneless with skin
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup part skim milk ricotta cheese
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup walnuts finely chopped

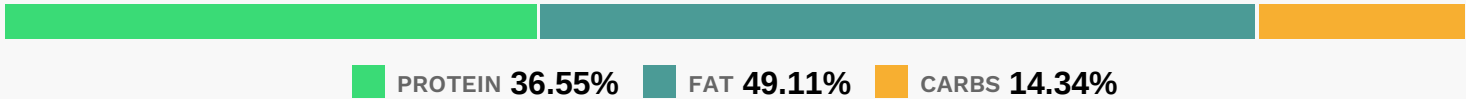
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
- ☐ In a bowl, mix the ricotta cheese, walnuts, Parmesan cheese, bread crumbs, and oregano.
- ☐ Loosen the skin on the chicken breasts to form a pocket, and stuff with the ricotta cheese mixture. Arrange the chicken breasts in a single layer in the prepared baking dish, and brush with oil.
- ☐ Bake 45 minutes in the preheated oven, or until the chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:17.541739158008%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 368.86kcal (18.44%), Fat: 19.82g (30.49%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 11.5g (4.18%), Sugar: 2.27g (2.52%), Cholesterol: 86.13mg (28.71%), Sodium: 386.22mg (16.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.38%), Vitamin B3: 12.57mg (62.84%), Selenium: 42.08µg (60.11%), Vitamin B6: 0.95mg (47.3%), Phosphorus: 356.08mg (35.61%), Manganese: 0.62mg (31.13%), Calcium: 181.04mg (18.1%), Vitamin B5: 1.77mg (17.73%), Magnesium: 60.17mg (15.04%), Potassium: 519.77mg (14.85%), Copper: 0.29mg (14.57%), Vitamin B1: 0.21mg (14.14%), Vitamin B2: 0.2mg (11.87%), Vitamin K: 11.77µg (11.21%), Zinc: 1.61mg (10.72%), Iron: 1.44mg (8%), Folate: 29.77µg (7.44%), Vitamin B12: 0.37µg (6.17%), Fiber: 1.53g (6.11%), Vitamin E: 0.8mg (5.32%), Vitamin A: 114.58IU (2.29%), Vitamin C: 1.55mg (1.88%), Vitamin D: 0.15µg (1.03%)