



## Parmesan-Crusted Stuffed Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

### Ingredients

- 12 asparagus spears fresh trimmed
- 0.5 cup italian\* five cheese blend shredded kraft finely
- 0.3 cup parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken

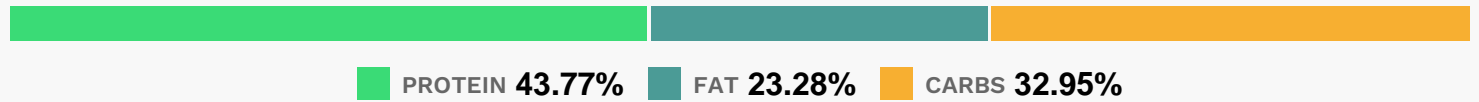
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Make cut in one long side of each chicken breast, being careful to not cut through to opposite side. Fill pockets with asparagus and shredded cheese.
- Place on baking sheet sprayed with cooking spray; top with Parmesan.
- Bake 20 min. or until chicken is done (165F). Meanwhile, prepare stuffing as directed on package.
- Serve with chicken.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:17.892608678859%

## Flavonoids

Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 292.6kcal (14.63%), Fat: 7.44g (11.45%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 22.11g (8.04%), Sugar: 2.95g (3.28%), Cholesterol: 78.35mg (26.12%), Sodium: 621.14mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.93%), Selenium: 52.09µg (74.41%), Vitamin B3: 13.78mg (68.89%), Vitamin B6: 0.92mg (46.25%), Phosphorus: 321.17mg (32.12%), Vitamin B1: 0.29mg (19.23%), Vitamin B5: 1.83mg (18.3%), Folate: 69.05µg (17.26%), Vitamin B2: 0.29mg (16.91%), Potassium: 561.62mg (16.05%), Vitamin K: 13.92µg (13.26%), Iron: 2.2mg (12.24%), Manganese: 0.24mg (11.98%), Magnesium: 46.76mg (11.69%), Calcium: 96.35mg (9.63%), Zinc: 1.27mg (8.5%), Copper: 0.16mg (8.01%), Fiber: 1.58g (6.32%), Vitamin A: 312.55IU (6.25%), Vitamin B12: 0.29µg (4.81%), Vitamin E: 0.71mg (4.71%), Vitamin C: 3.15mg (3.82%)