



Pecan Chicken Breasts Stuffed with Cream Cheese and Broccoli

READY IN



90 min.

SERVINGS



10

CALORIES



385 kcal

SIDE DISH

Ingredients

- 1.5 cups broccoli florets fresh chopped
- 0.8 cup butter
- 3 ounce cream cheese
- 0.3 teaspoon basil dried
- 1 cup breadcrumbs dry
- 1 eggs beaten
- 2 cloves garlic crushed
- 2 tablespoons juice of lemon fresh

- 1 small onion minced
- 0.5 cup pecans chopped
- 1 teaspoon pimientos chopped
- 8 chicken breast halves boneless skinless
- 0.5 cup cream sour
- 1 tablespoon vegetable oil

Equipment

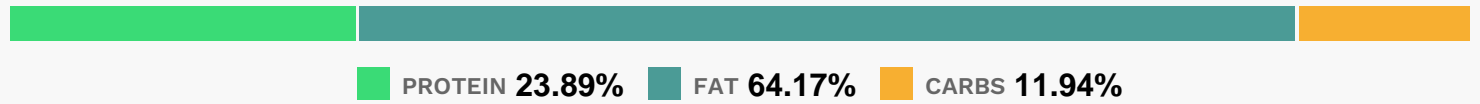
- bowl
- frying pan
- sauce pan
- oven
- baking pan
- toothpicks

Directions

- To Make Broccoli/Cream Cheese Filling: In a medium saucepan over low heat, heat the lemon juice, butter or margarine, garlic, basil and pimento until butter or margarine has melted.
- Add the 1 cup pecans, broccoli and onion and cook until broccoli is tender; then add the sour cream and cream cheese and mix all together until smooth.
- Let cool, cover and refrigerate to chill for 30 minutes.
- Place 1 to 2 tablespoons of the broccoli/cream cheese filling in the center of each chicken breast, roll up, tuck in sides and fasten with toothpicks.
- Put the egg beat in a shallow dish or bowl, and mix the bread crumbs and 1/2 cup pecans together in another shallow dish or bowl. Dip the chicken rolls in the egg, then in the pecan mixture.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat oil in a large skillet over medium high heat and saute coated chicken rolls in skillet until well browned on both sides, about 2 to 4 minutes each side.
- Place browned rolls in a lightly greased 9x13 inch baking dish.

- Bake at 350 degrees F (175 degrees C) for 30 minutes, or until chicken is cooked through and chicken meat is white.
- Serve with a small portion of leftover broccoli/cream cheese mixture on top of each chicken breast.

Nutrition Facts



Properties

Glycemic Index:22.1, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:15.830434716266%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 385.49kcal (19.27%), Fat: 27.65g (42.54%), Saturated Fat: 12.98g (81.1%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 10.06g (3.66%), Sugar: 2.25g (2.5%), Cholesterol: 126.2mg (42.07%), Sodium: 334.93mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.32%), Vitamin B3: 10.35mg (51.73%), Selenium: 35µg (50%), Vitamin B6: 0.76mg (38.09%), Phosphorus: 265.77mg (26.58%), Manganese: 0.41mg (20.62%), Vitamin C: 15.81mg (19.16%), Vitamin K: 19.58µg (18.65%), Vitamin B5: 1.66mg (16.63%), Vitamin A: 764.13IU (15.28%), Vitamin B1: 0.22mg (14.67%), Potassium: 474.22mg (13.55%), Vitamin B2: 0.23mg (13.26%), Magnesium: 41.64mg (10.41%), Folate: 31.07µg (7.77%), Zinc: 1.16mg (7.73%), Vitamin E: 1.05mg (6.97%), Iron: 1.25mg (6.95%), Copper: 0.14mg (6.83%), Calcium: 64.4mg (6.44%), Fiber: 1.53g (6.1%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.18µg (1.19%)