



## Peppered chicken with watercress

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 85 g watercress
- ☐ 2 tbsp philadelphia cheese and herb cooking creme with black pepper (available from waitrose and sainsbury's)
- ☐ 2 chicken breasts skinless
- ☐ 4 rashers streaky bacon
- ☐ 400 g baby potatoes

### Equipment

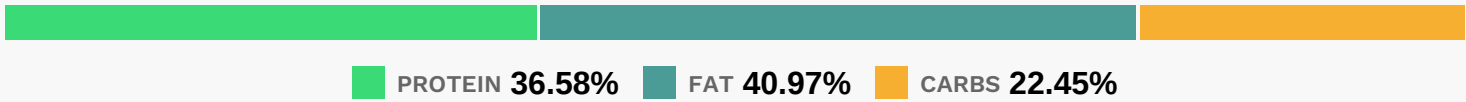
- ☐ oven

- ☐ knife
- ☐ baking pan

## Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Chop a handful of watercress, then mix into the cheese. Make a finger-tip length cut into the thick end of the chicken, pushing the knife two-thirds of the way through the breast. Poke your fingers into the incision and loosen the chicken to create a hole. Stuff with the Boursin mix, then wrap tightly with bacon.
- ☐ Lift onto a baking tray and roast for 25 mins or until the chicken is cooked through and the bacon is golden. Meanwhile, boil the potatoes for 15 mins or until tender.
- ☐ Serve the chicken and potatoes together with some more watercress and any juices from the chicken spooned over.

## Nutrition Facts



## Properties

Glycemic Index:57.88, Glycemic Load:25.68, Inflammation Score:-9, Nutrition Score:38.373043298721%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.39mg, Kaempferol: 11.39mg, Kaempferol: 11.39mg, Kaempferol: 11.39mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.15mg, Quercetin: 14.15mg, Quercetin: 14.15mg, Quercetin: 14.15mg

## Nutrients (% of daily need)

Calories: 660.95kcal (33.05%), Fat: 29.65g (45.62%), Saturated Fat: 11.27g (70.45%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 31.95g (11.62%), Sugar: 2.15g (2.39%), Cholesterol: 188.97mg (62.99%), Sodium: 674.6mg (29.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.57g (119.14%), Vitamin B3: 27.53mg (137.67%), Vitamin B6: 2.45mg (122.73%), Selenium: 82.15µg (117.35%), Vitamin K: 110.5µg (105.24%), Vitamin C: 60.39mg (73.2%), Phosphorus: 677.46mg (67.75%), Potassium: 1905.57mg (54.44%), Vitamin B5: 4.19mg (41.88%), Vitamin A: 1597.08IU (31.94%), Vitamin B1: 0.46mg (30.96%), Magnesium: 118.96mg (29.74%), Manganese: 0.45mg (22.42%), Vitamin B2: 0.38mg (22.16%), Fiber: 4.61g (18.45%), Copper: 0.33mg (16.41%), Zinc: 2.46mg (16.38%), Iron: 2.66mg (14.79%), Folate: 44.87µg (11.22%), Vitamin B12: 0.67µg (11.2%), Calcium: 98.68mg (9.87%), Vitamin E: 1.06mg (7.09%), Vitamin D: 0.4µg (2.68%)