



Pimiento Cheese Chicken with Hot Buttered Grits

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



567 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons butter
- 24 oz skinned and boned chicken breasts
- 4 cups chicken broth
- 0.3 teaspoon pepper
- 0.8 cup premium-quality pimiento cheese
- 1.3 cups quick-cooking grits uncooked
- 0.5 teaspoon lawry's seasoned salt

Equipment

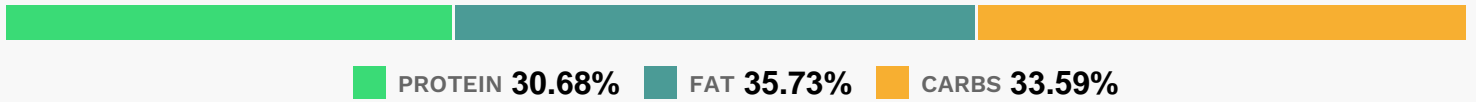
- sauce pan
- whisk
- plastic wrap
- broiler
- rolling pin
- meat tenderizer
- broiler pan

Directions

- Preheat broiler.
- Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- Sprinkle chicken with salt and pepper; place chicken on a lightly greased rack in a broiler pan.
- Broil chicken 5 inches from heat 5 minutes. Turn chicken, and spoon 3 Tbsp. pimiento cheese over each chicken breast, spreading to edges. Broil 5 more minutes or until cheese is bubbly and lightly browned.
- Bring chicken broth to a boil in a large saucepan over medium-high heat. Reduce heat to low; whisk in grits. Cover and cook 5 to 7 minutes or until thickened, stirring occasionally.
- Remove from heat, and stir in butter.
- Serve with chicken.
- Shopping Note: Find the best quality pimiento cheese in the deli section of your supermarket where it's available by weight or in prepackaged tubs. It has more Cheddar cheese and less processed cheese than many lower priced varieties.
- MENU IDEA FOR 4 * Pimiento Cheese Chicken with Hot Buttered Grits * Broiled tomatoes with breadcrumbs
- GROCERIES NEEDED Check staples: seasoned salt; pepper; butter; fine, dry breadcrumbs * 4 (6-oz.) skinned and boned chicken breasts * 1 tub premium-quality pimiento cheese (we tested with Mrs. Stratton's Premium Gold) * 1 (32-oz.) container chicken broth (we tested with Swanson) * 1 (4-oz.) box quick-cooking grits (we tested with Quaker) * 4 plum or small

tomatoes

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:23.626521810241%

Nutrients (% of daily need)

Calories: 566.93kcal (28.35%), Fat: 21.69g (33.37%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 43.47g (15.81%), Sugar: 5.54g (6.15%), Cholesterol: 137.76mg (45.92%), Sodium: 1886.6mg (82.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.9g (83.8%), Vitamin B3: 20.63mg (103.16%), Selenium: 55.38µg (79.11%), Vitamin B6: 1.41mg (70.41%), Phosphorus: 450.3mg (45.03%), Vitamin B1: 0.45mg (29.68%), Vitamin B2: 0.47mg (27.9%), Vitamin B5: 2.61mg (26.06%), Potassium: 748.35mg (21.38%), Folate: 82.87µg (20.72%), Calcium: 184.01mg (18.4%), Magnesium: 71.18mg (17.79%), Vitamin A: 710.04IU (14.2%), Iron: 2.55mg (14.14%), Manganese: 0.26mg (12.94%), Zinc: 1.61mg (10.71%), Fiber: 2.4g (9.6%), Copper: 0.14mg (6.87%), Vitamin B12: 0.39µg (6.57%), Vitamin C: 4.96mg (6.01%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.17µg (1.13%)