



Pork and Gorgonzola-Stuffed Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces gorgonzola crumbled
- ☐ 2 ounces guanciale finely chopped
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup tomatoes seeded finely chopped

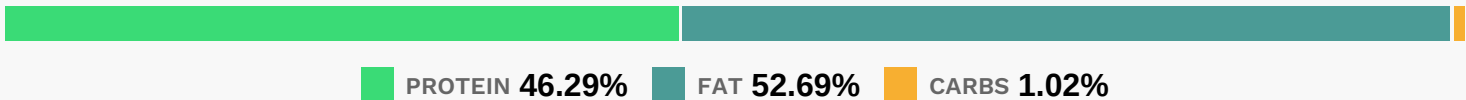
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ Cook guanciale in a large ovenproof skillet over medium heat 10 minutes or until crisp, stirring frequently; remove from pan using a slotted spoon.
- ☐ Combine guanciale, 1 tablespoon drippings, cheese, tomatoes, and 1/4 teaspoon salt in a small bowl, stirring well.
- ☐ Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2 tablespoons cheese mixture into each pocket; secure with a wooden pick.
- ☐ Sprinkle both sides of chicken evenly with remaining 1/4 teaspoon salt and pepper.
- ☐ Wipe pan clean with paper towels. Return pan to medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken; saut 4 minutes. Turn chicken over.
- ☐ Place pan in oven; bake at 400 for 8 minutes or until chicken is done.
- ☐ Let stand 5 minutes. Discard wooden picks.
- ☐ Cut chicken diagonally into 1/2-inch-thick slices, if desired.
- ☐ Serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:18.105217399804%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 361.01kcal (18.05%), Fat: 20.63g (31.74%), Saturated Fat: 7.88g (49.23%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.4g (0.44%), Cholesterol: 134.68mg (44.89%), Sodium: 773.18mg (33.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.57%), Vitamin B3: 17.96mg (89.8%), Selenium: 56.49µg (80.7%), Vitamin B6: 1.31mg (65.39%), Phosphorus: 415.24mg (41.52%), Vitamin B5: 2.68mg (26.82%), Potassium: 696.81mg (19.91%), Vitamin B2: 0.23mg (13.34%), Magnesium: 49.07mg (12.27%), Zinc: 1.39mg (9.25%), Vitamin B12: 0.51µg (8.55%), Calcium: 85.34mg (8.53%), Vitamin B1: 0.12mg (7.85%), Vitamin A: 263.3IU (5.27%), Vitamin C: 3.74mg (4.54%), Vitamin E: 0.64mg (4.29%), Iron: 0.73mg (4.05%), Folate: 13.79µg (3.45%), Copper: 0.06mg (3.04%), Manganese: 0.06mg (2.88%), Vitamin K: 2.77µg (2.64%), Vitamin D: 0.24µg (1.61%)