



Rice & Ham-Stuffed Chicken Breasts

READY IN



55 min.

SERVINGS



55

CALORIES



20 kcal

SIDE DISH

Ingredients

- 0.3 cup philadelphia chive & onion cream cheese spread ()
- 6 slices oscar mayer deli ham smoked fresh
- 1 eggs
- 0.5 cup rice white instant cooled cooked
- 8 ritz crackers crushed
- 0.5 lb chicken breasts boneless skinless
- 0.5 cup pkt spinach fresh chopped

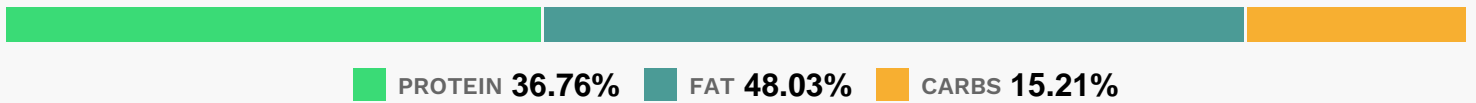
Equipment

- oven
- baking pan
- cutting board

Directions

- Heat oven to 400F.
- Combine cream cheese spread, rice and spinach. Beat egg in shallow dish until blended; place cracker crumbs in separate shallow dish.
- Spray 8-inch square baking dish with cooking spray.
- Place chicken breasts, top sides down, on cutting board; top with ham and rice mixture.
- Roll up tightly, starting at one short end of each breast. Dip in egg, then in cracker crumbs, turning to evenly coat each roll-up with each ingredient; place in prepared baking dish.
- Bake 35 to 40 min. or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:0.58, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.96826085610234%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 19.79kcal (0.99%), Fat: 1.03g (1.58%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.07g (0.08%), Cholesterol: 8.15mg (2.72%), Sodium: 51.09mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Selenium: 2.35µg (3.36%), Vitamin B3: 0.62mg (3.08%), Vitamin B6: 0.05mg (2.27%), Phosphorus: 18.66mg (1.87%), Vitamin B1: 0.02mg (1.64%), Vitamin K: 1.55µg (1.47%)