



Ricotta-and-Ham-Stuffed Chicken Breasts

READY IN



20 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 4 slices deli ham thin
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup ricotta
- ☐ 4 servings salt and pepper
- ☐ 20 oz chicken breast halves boneless skinless

☐ 1 tablespoon butter unsalted

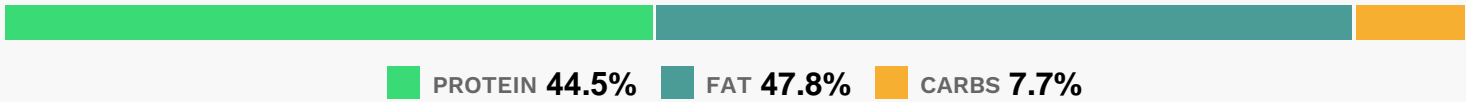
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ In a small bowl, combine ricotta, Parmesan, basil and garlic.
- ☐ Rinse chicken and pat dry.
- ☐ Cut a slit along thick edge of each breast half, forming a pocket. Open breast halves like a book and lay one slice of ham in each.
- ☐ Spoon 1/4 of ricotta mixture on top of each ham slice, then close chicken over filling and fasten with toothpicks.
- ☐ Season chicken with salt and pepper. Dredge chicken on both sides with flour until well coated. Discard remaining flour.
- ☐ In a large skillet, warm oil and butter over medium-high heat until butter melts and begins to foam.
- ☐ Add chicken to pan and cook 5 minutes; flip and cook on second side for an additional 4 to 5 minutes, until chicken is no longer pink inside (cut to test).
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:4.71, Inflammation Score:-5, Nutrition Score:20.413478281187%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 394.12kcal (19.71%), Fat: 20.44g (31.44%), Saturated Fat: 8.37g (52.31%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 7.15g (2.6%), Sugar: 0.17g (0.19%), Cholesterol: 135.66mg (45.22%), Sodium: 817.56mg (35.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.81g (85.61%), Selenium: 60.41µg (86.3%), Vitamin B3: 16.57mg (82.84%), Vitamin B6: 1.2mg (60.15%), Phosphorus: 461.49mg (46.15%), Vitamin B5: 2.29mg (22.89%), Vitamin B1: 0.33mg (21.94%), Vitamin B2: 0.33mg (19.23%), Potassium: 661.03mg (18.89%), Calcium: 154.28mg (15.43%), Zinc: 2.09mg (13.91%), Magnesium: 51.6mg (12.9%), Vitamin K: 11.42µg (10.88%), Vitamin B12: 0.65µg (10.82%), Vitamin A: 422.32IU (8.45%), Iron: 1.4mg (7.77%), Vitamin E: 1.02mg (6.83%), Folate: 26.45µg (6.61%), Manganese: 0.12mg (5.89%), Copper: 0.09mg (4.6%), Vitamin D: 0.48µg (3.22%), Vitamin C: 2.3mg (2.78%), Fiber: 0.26g (1.03%)