



Ricotta and Spinach-Stuffed Chicken Breasts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper red crushed
- 2 garlic cloves minced
- 1 teaspoon lemon rind fresh grated
- 1 tablespoon parmigiano-reggiano cheese fresh shredded
- 0.7 cup part-skim ricotta cheese
- 4 ounces pancetta very thin
- 0.3 teaspoon salt

- 24 ounce chicken breast halves boneless skinless
- 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

- bowl
- frying pan
- oven

Directions

- Combine first 8 ingredients in a small bowl.
- Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 1/4 cup spinach mixture into each pocket. Carefully wrap each breast, in a single layer, with 2 slices prosciutto (chicken breast halves will be almost completely covered with prosciutto). Arrange chicken on a platter; freeze 15 minutes.
- Preheat oven to 40
- Heat a large ovenproof nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add chicken and cook 3 minutes on each side or until browned.
- Bake at 400 for 8 minutes or until chicken is done.
- Note: Wrap prosciutto slices around chicken so that the ends of prosciutto tuck under the bottom side of the breast. It should be moist enough to adhere to the breast, but if not, secure with wooden picks.

Nutrition Facts


PROTEIN 48.45% **FAT 45.12%** **CARBS 6.43%**

Properties

Glycemic Index:22.25, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:35.53478253406%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 398.07kcal (19.9%), Fat: 19.69g (30.29%), Saturated Fat: 7.01g (43.83%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 4.06g (1.48%), Sugar: 0.65g (0.72%), Cholesterol: 141.24mg (47.08%), Sodium: 656.85mg (28.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.56g (95.12%), Vitamin K: 264.87µg (252.26%), Vitamin A: 8579.48IU (171.59%), Selenium: 71.82µg (102.6%), Vitamin B3: 19.31mg (96.53%), Vitamin B6: 1.5mg (75.18%), Phosphorus: 520.2mg (52.02%), Manganese: 0.59mg (29.57%), Folate: 115.22µg (28.8%), Potassium: 996.14mg (28.46%), Vitamin B5: 2.77mg (27.69%), Magnesium: 108.6mg (27.15%), Vitamin B2: 0.44mg (25.65%), Calcium: 233.57mg (23.36%), Vitamin B1: 0.27mg (17.79%), Vitamin E: 2.58mg (17.23%), Zinc: 2.33mg (15.56%), Iron: 2.35mg (13.08%), Vitamin B12: 0.62µg (10.28%), Copper: 0.18mg (9.2%), Fiber: 2.25g (8.99%), Vitamin C: 7.05mg (8.55%), Vitamin D: 0.33µg (2.21%)