



Roast Chicken Breasts with Goat Cheese and Watercress

READY IN



60 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds coarsely chopped ()
- ☐ 2 teaspoon chives minced
- ☐ 2 tablespoon flat parsley fresh minced
- ☐ 3 teaspoon thyme leaves fresh divided
- ☐ 2 clove garlic divided minced
- ☐ 4 ounce goat cheese fresh at room temperature ()
- ☐ 0.5 cup heavy cream
- ☐ 1 pinch kosher salt plus more for seasoning

- ☐ 2 tablespoon juice of lemon
- ☐ 2 teaspoon lemon zest
- ☐ 0.8 cup olive oil divided
- ☐ 0.5 cup panko breadcrumbs
- ☐ 0.5 ounce pecorino cheese grated (may substitute Parmesan)
- ☐ 1 pinch freshly cracked pepper black plus more for seasoning
- ☐ 1 cup bay spinach lightly packed
- ☐ 3 cup watercress lightly packed trimmed

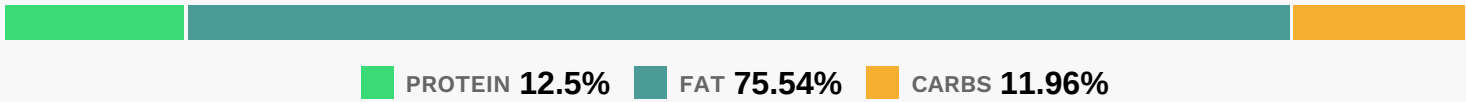
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine goat cheese pecorino breadcrumbs, ½ of the minced garlic, parsley, 2 teaspoons thyme, chives, lemon juice, lemon zest, and anchovies (if using). Use a fork to mash the ingredients together. Set aside.Prepare the chicken: Working 1 breast at a time gently insert your finger under the skin, easing the skin away from the flesh to create a large pocket. Spoon about ¼ of the stuffing into the pocket. Gently smooth the top of the chicken from the outside to distribute the stuffing throughout the pocket. Move to a parchment lined baking sheet. Repeat with remaining breasts.
- ☐ Serve the breasts hot from the oven with the watercress sauce on the side.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:20.682174143584%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin:

0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 6.5mg, Kaempferol: 6.5mg, Kaempferol: 6.5mg, Kaempferol: 6.5mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 405.76kcal (20.29%), Fat: 35.22g (54.18%), Saturated Fat: 13.5g (84.35%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 9.22g (3.35%), Sugar: 2.74g (3.05%), Cholesterol: 50.34mg (16.78%), Sodium: 237.86mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Vitamin K: 140.82µg (134.11%), Vitamin A: 2524.77IU (50.5%), Vitamin E: 6.52mg (43.47%), Manganese: 0.7mg (34.81%), Vitamin C: 23.26mg (28.2%), Vitamin B2: 0.47mg (27.57%), Phosphorus: 240.19mg (24.02%), Copper: 0.46mg (23.18%), Calcium: 210.86mg (21.09%), Magnesium: 75.47mg (18.87%), Fiber: 3.32g (13.28%), Iron: 2.36mg (13.09%), Vitamin B1: 0.17mg (11.56%), Folate: 43.49µg (10.87%), Potassium: 347.85mg (9.94%), Vitamin B6: 0.2mg (9.85%), Zinc: 1.23mg (8.22%), Selenium: 5.36µg (7.66%), Vitamin B3: 1.47mg (7.36%), Vitamin B5: 0.53mg (5.31%), Vitamin D: 0.61µg (4.05%), Vitamin B12: 0.17µg (2.79%)