



Roasted Pepper-and-Caper Stuffed Chicken Breasts

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- 2 tablespoons capers
- 0.3 teaspoon rosemary dried
- 0.3 teaspoon thyme leaves dried
- 0.3 cup cooking wine dry white
- 1 garlic clove minced
- 10.5 ounce low-salt chicken broth canned
- 2 teaspoons olive oil divided

- 0.1 teaspoon pepper
- 12 ounce roasted bell peppers red drained finely chopped
- 0.1 teaspoon salt
- 2 tablespoons shallots minced
- 16 ounce skinned

Equipment

- bowl
- frying pan

Directions

- Combine bell peppers, capers, rosemary, thyme, garlic, and 1 teaspoon oil in a small bowl; stir well.
- Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff about 1/4 cup bell pepper mixture into each pocket.
- Sprinkle salt and pepper over chicken.
- Heat 1 teaspoon oil in a large non-stick skillet over medium-high heat.
- Add chicken; saut 6 minutes on each side or until chicken is done.
- Remove chicken from skillet. Set aside; keep warm.
- Add shallots to skillet, and saut 1 minute or until tender.
- Add wine and broth to skillet. Bring to a boil, and cook 5 minutes or until reduced to 1 cup. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated.
- Serve sauce with chicken.
- Garnish with chopped parsley, if desired.

Nutrition Facts


PROTEIN 58.57% **FAT 28.26%** **CARBS 13.17%**

Properties

Glycemic Index:44.25, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:16.857825953027%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 192.46kcal (9.62%), Fat: 5.69g (8.75%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 4.6g (1.67%), Sugar: 0.66g (0.73%), Cholesterol: 72.57mg (24.19%), Sodium: 1503.18mg (65.36%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Protein: 26.53g (53.07%), Vitamin B3: 13.38mg (66.88%), Selenium: 36.78µg (52.54%), Vitamin B6: 1.04mg (52.19%), Vitamin C: 41.75mg (50.61%), Phosphorus: 284.95mg (28.49%), Potassium: 641.13mg (18.32%), Vitamin B5: 1.68mg (16.76%), Magnesium: 43.9mg (10.98%), Manganese: 0.21mg (10.7%), Copper: 0.2mg (10.14%), Vitamin B2: 0.17mg (10.07%), Vitamin A: 484.97IU (9.7%), Iron: 1.53mg (8.52%), Vitamin B1: 0.1mg (6.68%), Zinc: 0.95mg (6.33%), Fiber: 1.37g (5.46%), Folate: 21.14µg (5.28%), Calcium: 51.28mg (5.13%), Vitamin B12: 0.3µg (5.02%), Vitamin E: 0.55mg (3.64%), Vitamin K: 3.7µg (3.53%)