Savory Stuffed Chicken Breast with Plum Glaze

READY IN	SERVINGS	CALORIES
55 min.	2	574 kcal

SIDE DISH

Ingredients

- [ ] 2 tablespoons butter melted
- [ ] 2 tablespoons celery minced
- [ ] 0.3 cup chicken stock see
- [ ] 2 slices bacon crumbled cooked
- [ ] 2 pieces cornbread crumbled
- [ ] 0.3 cup plum jam
- [ ] 1 tablespoon olive oil
- [ ] 2 tablespoons onion minced

- [ ] 2 servings salt and pepper to taste
- [ ] 12 ounce chicken breast halves boneless skinless

Equipment

- [ ] frying pan
- [ ] oven
- [ ] knife
- [ ] whisk

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C).
- [ ] Heat olive oil in a skillet over high heat. Using a paring knife, cut a pocket into the side of each breast.
- [ ] Place into skillet and sear until lightly browned on both sides, but not cooked through. Set aside.
- [ ] Combine cornbread, bacon, celery, onion, butter, and 1/4 cup chicken stock; mix until well combined. Stuff each breast with cornbread mixture.
- [ ] Bake in preheated oven for 25 minutes.
- [ ] While the chicken is baking, bring 1/3 cup chicken stock to a simmer.
- [ ] Whisk in plum jam, and simmer over medium-low heat until most of the chicken stock has evaporated.
- [ ] Pour plum glaze over chicken breasts, and cook for an additional 10 minutes and the center of the stuffed breast reaches 160 degrees F (70 degrees C).

Nutrition Facts

PROTEIN **28.51%** FAT **41.62%** CARBS **29.87%**

Properties

Glycemic Index:82, Glycemic Load:21.38, Inflammation Score:-5, Nutrition Score:20.452173953471%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 573.96kcal (28.7%), Fat: 26.21g (40.32%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 41.37g (15.04%), Sugar: 28.81g (32.02%), Cholesterol: 148.65mg (49.55%), Sodium: 703.79mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.39g (80.78%), Vitamin B3: 19.3mg (96.48%), Selenium: 60.81µg (86.87%), Vitamin B6: 1.37mg (68.59%), Phosphorus: 421.9mg (42.19%), Vitamin B5: 2.58mg (25.78%), Potassium: 795.11mg (22.72%), Vitamin B2: 0.28mg (16.44%), Magnesium: 52.91mg (13.23%), Vitamin B1: 0.19mg (12.37%), Vitamin E: 1.8mg (11.99%), Vitamin C: 8.1mg (9.81%), Zinc: 1.37mg (9.12%), Vitamin A: 442.83IU (8.86%), Vitamin K: 8.04µg (7.65%), Vitamin B12: 0.45µg (7.56%), Copper: 0.14mg (7.01%), Iron: 1.17mg (6.48%), Folate: 20.79µg (5.2%), Fiber: 0.94g (3.78%), Manganese: 0.07mg (3.69%), Calcium: 32.32mg (3.23%), Vitamin D: 0.2µg (1.35%)