



HEALTH SCORE

53%

Sesame-Coated Chicken Stuffed with Ricotta and Spinach



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce prewashed baby spinach
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon olive oil extravirgin
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- ☐ 0.7 cup basil fresh thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 1 Dash nutmeg freshly grated
- ☐ 0.5 cup onion red finely chopped
- ☐ 8 ounces ricotta cheese homemade
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt divided
- ☐ 2 tablespoons sesame seed
- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 1.5 cups tomatoes chopped

Equipment

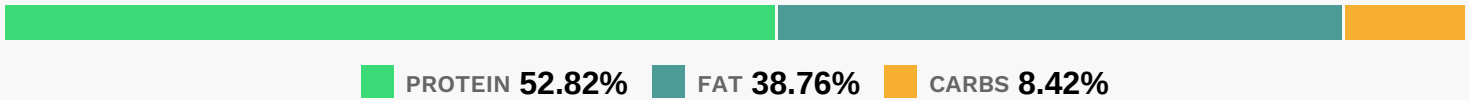
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ colander
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 45
- ☐ To prepare chicken, heat a large nonstick skillet over medium heat.
- ☐ Add spinach to pan; cook 5 minutes or until spinach begins to wilt, stirring frequently.
- ☐ Drain spinach in a colander, pressing until barely moist.
- ☐ Place spinach on a cutting board; finely chop.
- ☐ Place spinach in a medium bowl.
- ☐ Add Homemade Ricotta Cheese, 1/4 teaspoon black pepper, 1/8 teaspoon salt, and nutmeg; stir well to combine.

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Spread each chicken breast half with 1/4 cup ricotta mixture, leaving a 1/4-inch border. Starting with a short side, roll up each chicken breast half jelly-roll fashion.
- ☐ Place rolls, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle remaining 1/4 teaspoon black pepper and 1/8 teaspoon salt evenly over rolls; drizzle rolls evenly with 1 tablespoon olive oil.
- ☐ Sprinkle rolls with sesame seeds, pressing gently to adhere.
- ☐ Bake at 450 for 20 minutes or until chicken is done.
- ☐ To prepare sauce, combine chopped tomato and remaining ingredients, stirring gently.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:35.58999974313%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 328.81kcal (16.44%), Fat: 14.04g (21.61%), Saturated Fat: 4.8g (30%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 4.46g (1.62%), Sugar: 1.97g (2.18%), Cholesterol: 128.14mg (42.71%), Sodium: 422.15mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.06g (86.12%), Vitamin K: 290.82µg (276.97%), Vitamin A: 6023.21IU (120.46%), Vitamin B3: 18.58mg (92.92%), Selenium: 61.49µg (87.84%), Vitamin B6: 1.47mg (73.75%), Phosphorus: 476.67mg (47.67%), Manganese: 0.72mg (36.02%), Folate: 134.12µg (33.53%), Potassium: 1118.33mg (31.95%), Vitamin C: 24.83mg (30.09%), Magnesium: 110.42mg (27.6%), Vitamin B5: 2.6mg (26.01%), Vitamin B2: 0.37mg (21.86%), Calcium: 181.9mg (18.19%), Iron: 2.96mg (16.43%), Vitamin E: 2.21mg (14.71%), Copper: 0.28mg (13.92%), Zinc: 2.05mg (13.65%), Vitamin B1: 0.2mg (13.4%), Fiber: 2.4g (9.58%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 0.25µg (1.64%)