



Skinny Stuffed Chicken Parmesan

READY IN



55 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz chicken breast boneless skinless
- 10 oz pkt spinach frozen organic thawed drained well cascadian farm®
- 0.3 cup parmesan shredded
- 0.5 teaspoon basil dried
- 1 clove garlic finely chopped
- 0.3 cup eggs fat-free
- 0.5 cup keebler® town house toppers® wheat crackers stone-ground crushed
- 1 teaspoon basil dried
- 0.5 teaspoon pepper

- 1 cup pasta sauce italian organic
- 1 oz mozzarella cheese shredded

Equipment

- bowl
- oven
- plastic wrap
- baking pan
- toothpicks
- kitchen thermometer
- rolling pin
- meat tenderizer
- glass baking pan

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- In medium bowl, mix spinach, cream cheese, Parmesan cheese, 1/2 teaspoon basil and the garlic until blended.
- Spread about 1 tablespoon spinach mixture over each chicken breast; roll up tightly. If necessary, secure with toothpicks.
- In small shallow bowl, place egg product. In another small shallow bowl, mix cracker crumbs, 1 teaspoon basil and the pepper. Dip each chicken breast into egg product; coat with crumb mixture.
- Place seam side down in baking dish.
- Bake uncovered 20 minutes.
- Pour pasta sauce over chicken; sprinkle with mozzarella cheese.
- Bake 10 to 15 minutes longer or until thermometer inserted in center of chicken reads 165°F.
- Remove toothpicks from chicken before eating.

Nutrition Facts

PROTEIN 47.25% FAT 29.35% CARBS 23.4%

Properties

Glycemic Index:32.17, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:31.031739214192%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 316.92kcal (15.85%), Fat: 10.25g (15.76%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 15.33g (5.57%), Sugar: 4.29g (4.76%), Cholesterol: 134.95mg (44.98%), Sodium: 650.68mg (28.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.12g (74.23%), Vitamin K: 234.42µg (223.26%), Vitamin A: 4771.86IU (95.44%), Vitamin B3: 15.57mg (77.86%), Selenium: 51.01µg (72.88%), Vitamin B6: 1.23mg (61.33%), Phosphorus: 399.25mg (39.93%), Manganese: 0.55mg (27.4%), Potassium: 941.58mg (26.9%), Folate: 107.21µg (26.8%), Vitamin B5: 2.37mg (23.65%), Vitamin C: 17.99mg (21.81%), Magnesium: 86.49mg (21.62%), Vitamin B2: 0.33mg (19.7%), Iron: 3.14mg (17.44%), Calcium: 157.52mg (15.75%), Vitamin E: 1.97mg (13.13%), Fiber: 3.06g (12.24%), Zinc: 1.57mg (10.47%), Vitamin B1: 0.15mg (9.72%), Vitamin B12: 0.53µg (8.86%), Copper: 0.16mg (8.24%), Vitamin D: 0.38µg (2.56%)