



Smoked-Cheddar-Stuffed Chicken with Green Apple Slaw

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

Ingredients

- ☐ 4 chicken breast halves boneless with skin and tenderloin attached
- ☐ 0.5 cup cheddar cheese smoked grated
- ☐ 1 tablespoon cream cheese room temperature
- ☐ 1.5 teaspoons sage fresh chopped
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 1 large apples i use 2 granny smith apples cored halved cut into matchstick-size strips (2 1/2 cups)
- ☐ 2 spring onion chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon maple syrup pure
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion paper-thin red
- ☐ 1 tablespoon scotch whiskey
- ☐ 2 tablespoons butter unsalted ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ grill

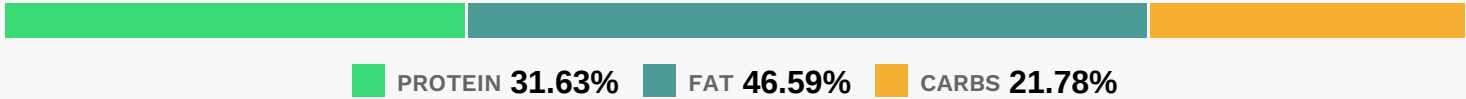
Directions

- ☐ Stir cheddar cheese, 1 tablespoon maple syrup, cream cheese, and sage in small bowl to blend.
- ☐ Place 1 chicken breast, skin side down, on work surface. Using small sharp knife, cut 1 1/2-inch-deep by 2-inch-long horizontal pocket in chicken. Pack in 1/4 of stuffing. Press tenderloin into pocket opening to seal in stuffing. Repeat with remaining chicken and stuffing. Arrange chicken on small baking sheet.
- ☐ Combine 1/4 cup maple syrup, whisky, brown sugar, and butter in small saucepan.
- ☐ Whisk over medium heat until sauce comes to simmer and is blended. (Chicken and basting sauce can be made 1 day ahead. Cover separately and refrigerate.)
- ☐ Whisk first 5 ingredients in medium bowl to blend.
- ☐ Mix in apple, red onion, and green onions. Season slaw to taste with salt and pepper. Refrigerate at least 1 hour and up to 4 hours, tossing occasionally.
- ☐ Spray grill rack with nonstick spray and prepare barbecue (medium-high heat). Rewarm basting sauce; transfer half to bowl and reserve. Set pan with remaining sauce at edge of grill to keep warm. Grill chicken, skin side down, until golden, about 3 minutes. Turn chicken over,

repositioning over medium to medium-low heat. Grill until cooked through, turning occasionally and basting with sauce in pan during last 5 minutes, about 8 minutes.

- ☐ Transfer chicken to platter.
- ☐ Serve with apple slaw, passing reserved sauce separately.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:3.71, Inflammation Score:-5, Nutrition Score:20.124347790428%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 18.32g (28.18%), Saturated Fat: 8.21g (51.3%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 17.53g (6.38%), Sugar: 15.46g (17.18%), Cholesterol: 105.16mg (35.05%), Sodium: 239.8mg (10.43%), Alcohol: 1.35g (100%), Alcohol %: 0.73% (100%), Protein: 27.98g (55.96%), Copper: 2.34mg (116.91%), Vitamin B3: 11.91mg (59.55%), Selenium: 40.7µg (58.14%), Vitamin B6: 0.9mg (45.05%), Phosphorus: 319.73mg (31.97%), Vitamin B5: 1.76mg (17.61%), Vitamin K: 16.92µg (16.12%), Vitamin B2: 0.27mg (16.06%), Potassium: 552.62mg (15.79%), Calcium: 136.28mg (13.63%), Manganese: 0.26mg (12.76%), Magnesium: 41.74mg (10.43%), Vitamin A: 489.4IU (9.79%), Vitamin C: 7.24mg (8.78%), Zinc: 1.31mg (8.76%), Vitamin E: 1.16mg (7.73%), Fiber: 1.73g (6.92%), Vitamin B1: 0.1mg (6.78%), Vitamin B12: 0.4µg (6.59%), Iron: 0.78mg (4.32%), Folate: 16.25µg (4.06%), Vitamin D: 0.3µg (2.02%)