



Southern-Stuffed Rosemary Chicken

READY IN



35 min.

SERVINGS



8

CALORIES



596 kcal

SIDE DISH

Ingredients

- 8 skinned and boned chicken breasts
- 1 cup chicken broth
- 10.8 oz cream of chicken soup reduced-fat canned
- 1 large eggs lightly beaten
- 8 oz mushrooms fresh sliced
- 1 tablespoon rosemary fresh chopped
- 4 green onions sliced
- 0.3 cup olive oil divided
- 0.3 cup parmesan cheese grated

- 0.5 cup pecans toasted finely chopped
- 0.5 teaspoon pepper
- 8 servings garnish: rosemary sprigs fresh
- 1 teaspoon salt
- 12 oz cornbread stuffing mix

Equipment

- frying pan
- oven
- baking pan
- stove

Directions

- Prepare stuffing mix according to package directions, and let cool. Stir in egg and pecans.
- Butterfly chicken breasts by making a lengthwise cut in 1 side, cutting to but not through the opposite side; unfold. Spoon stuffing mixture evenly down center of one side of each butterflied chicken breast; fold opposite side over stuffing, and place in a lightly greased baking dish. Stir together 3 Tbsp. olive oil and chopped rosemary; brush evenly over chicken.
- Sprinkle chicken evenly with salt, pepper, and Parmesan cheese.
- Bake chicken, uncovered, at 400 for 20 minutes or until done.
- Saut mushrooms and onions in remaining 1 Tbsp. oil in a large skillet over medium-high heat 5 minutes or until tender; stir in soup and chicken broth. Reduce heat, and simmer, stirring often, 5 minutes or until thoroughly heated. Spoon mushroom mixture evenly over chicken; garnish, if desired.
- Note: For testing purposes only, we used Stove Top Cornbread Stuffing
- Mix.

Nutrition Facts



PROTEIN 38.94% **FAT 35.02%** **CARBS 26.04%**

Properties

Glycemic Index:27.38, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:30.742174283318%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 595.8kcal (29.79%), Fat: 22.83g (35.12%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 35.64g (12.96%), Sugar: 4.85g (5.38%), Cholesterol: 174.67mg (58.22%), Sodium: 1592.93mg (69.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.1g (114.2%), Selenium: 99.53µg (142.18%), Vitamin B3: 27.38mg (136.92%), Vitamin B6: 1.82mg (91.05%), Phosphorus: 625.63mg (62.56%), Vitamin B5: 4.06mg (40.63%), Vitamin B2: 0.6mg (35.33%), Manganese: 0.68mg (34.04%), Vitamin B1: 0.48mg (32.3%), Potassium: 1118.2mg (31.95%), Folate: 95.13µg (23.78%), Magnesium: 92.09mg (23.02%), Copper: 0.4mg (20.06%), Iron: 3.51mg (19.47%), Vitamin K: 19.48µg (18.55%), Zinc: 2.54mg (16.94%), Vitamin E: 1.99mg (13.3%), Calcium: 102.99mg (10.3%), Fiber: 2.56g (10.25%), Vitamin B12: 0.58µg (9.59%), Vitamin C: 4.66mg (5.65%), Vitamin A: 274.11IU (5.48%), Vitamin D: 0.42µg (2.82%)