



## Spicy Kale and Corn Stuffed Chicken Breasts

READY IN



34 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup kernel corn whole frozen
- 1 teaspoon flour all-purpose
- 2 cloves garlic finely chopped
- 2 cups kale frozen chopped
- 4 servings kosher salt
- 1.5 teaspoons juice of lemon fresh
- 0.5 cup chicken broth low-sodium
- 4 teaspoons olive oil

- 0.5 cup pepper jack cheese grated
- 32 ounce chicken breast halves boneless skinless

## Equipment

- bowl
- frying pan
- knife

## Directions

- Heat 2 teaspoons of the oil in a large skillet over medium heat.
- Add the kale, garlic and 1/4 teaspoon salt and cook, stirring, until the kale is softened and the garlic is fragrant, about 5 minutes.
- Add the corn and cook, stirring, until warmed through, 2 to 3 minutes more.
- Transfer to a bowl to cool slightly, and then stir in the cheese.
- Insert a thin paring knife into the thickest part of the chicken breast and cut down the side to make a 3-inch pocket. Repeat with the remaining chicken breasts. Then evenly stuff with the kale mixture.
- Heat a large nonstick skillet over medium-high heat until very hot, 3 to 4 minutes. Rub the chicken breasts with the remaining 2 teaspoons oil and sprinkle with a total of 3/4 teaspoon salt and 1/4 teaspoon pepper.
- Add all 4 chicken breasts to the skillet and cook until golden brown, about 2 minutes. Then lower heat to medium. Continue cooking, turning once halfway through, until just cooked through, about 14 minutes more. Insert a small paring knife into the top of the chicken to test for doneness. If any pink areas remain, cover the skillet and continue to cook until opaque.
- Transfer the chicken and any bits of filling that fell into the skillet onto 4 plates. Stir the broth and flour together in a small bowl and then add to the skillet. Cook, stirring, until thickened, about 2 minutes.
- Remove from the heat, stir in the lemon juice and season with salt and pepper. Spoon the pan sauce over the chicken.

## Nutrition Facts



■ PROTEIN **59.09%** ■ FAT **36.88%** ■ CARBS **4.03%**

## Properties

Glycemic Index:49, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:26.487826336985%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Nutrients (% of daily need)

Calories: 368.96kcal (18.45%), Fat: 14.69g (22.59%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.26g (0.29%), Cholesterol: 157.72mg (52.57%), Sodium: 576.8mg (25.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.94g (105.89%), Vitamin B3: 24.34mg (121.68%), Selenium: 75.11µg (107.3%), Vitamin B6: 1.75mg (87.41%), Phosphorus: 561.88mg (56.19%), Vitamin K: 44.36µg (42.24%), Vitamin B5: 3.29mg (32.86%), Potassium: 936.89mg (26.77%), Vitamin A: 1226.4IU (24.53%), Vitamin B2: 0.33mg (19.62%), Magnesium: 68.69mg (17.17%), Vitamin C: 13.93mg (16.89%), Calcium: 148.32mg (14.83%), Zinc: 1.87mg (12.45%), Vitamin B1: 0.17mg (11.23%), Vitamin B12: 0.6µg (10.01%), Manganese: 0.15mg (7.69%), Vitamin E: 1.12mg (7.46%), Iron: 1.28mg (7.12%), Folate: 23.1µg (5.78%), Copper: 0.1mg (4.86%), Vitamin D: 0.31µg (2.08%), Fiber: 0.51g (2.03%)