



## Spinach and Feta–Stuffed Chicken

 Gluten Free

READY IN



43 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

### Ingredients

- ☐ 6 cups baby spinach leaves fresh
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 2 cups grape tomatoes
- ☐ 2 tablespoons parmesan cheese fresh grated

- ☐ 0.1 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

## Equipment

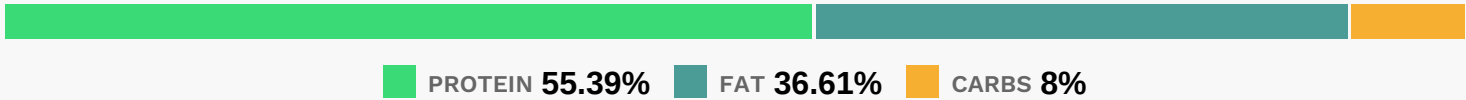
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ tongs
- ☐ meat tenderizer

## Directions

- ☐ Preheat oven to 42
- ☐ Melt butter in a large cast-iron skillet over medium heat.
- ☐ Add garlic; cook 30 seconds. Gradually add spinach to pan, turning with tongs.
- ☐ Sprinkle with salt and pepper; cook 2 minutes or until spinach wilts, stirring frequently.
- ☐ Remove from pan; cool.
- ☐ Place chicken between 2 sheets of plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Crumble one-fourth of feta cheese over each chicken breast half; divide spinach mixture evenly among chicken breast halves.
- ☐ Roll up, jelly-roll fashion. Tuck in sides; secure each roll with wooden picks.
- ☐ Place chicken in skillet. Cook over medium-high heat 3 minutes. Turn chicken over; cook 2 minutes or until browned.
- ☐ Add tomatoes to skillet; sprinkle chicken with Parmesan cheese.
- ☐ Transfer skillet to oven.
- ☐ Bake at 425 for 25 minutes or until chicken is done and tomatoes begin to burst.
- ☐ Transfer chicken and tomatoes to a serving platter.
- ☐ Add wine to skillet, scraping pan to loosen browned bits.
- ☐ Remove wooden picks from chicken; cut into slices.

- ☐
- Serve with tomatoes and pan juices.
- ☐
- Tip: You can prep in the morning, and then pop it in the oven when you're ready.

# Nutrition Facts



## Properties

Glycemic Index:62.75, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:34.526956423469%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 315.83kcal (15.79%), Fat: 12.25g (18.85%), Saturated Fat: 5.72g (35.74%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.32g (2.58%), Cholesterol: 134.77mg (44.92%), Sodium: 586.45mg (25.5%), Alcohol: 1.54g (100%), Alcohol %: 0.59% (100%), Protein: 41.7g (83.41%), Vitamin K: 224.38µg (213.69%), Vitamin A: 5077.79IU (101.56%), Vitamin B3: 18.73mg (93.63%), Selenium: 58.42µg (83.45%), Vitamin B6: 1.52mg (76.01%), Phosphorus: 482.46mg (48.25%), Potassium: 1086.29mg (31.04%), Vitamin C: 25.13mg (30.46%), Folate: 111.74µg (27.94%), Manganese: 0.56mg (27.9%), Vitamin B5: 2.73mg (27.28%), Vitamin B2: 0.44mg (25.9%), Magnesium: 94.5mg (23.62%), Calcium: 186.41mg (18.64%), Vitamin B1: 0.2mg (13.59%), Zinc: 1.99mg (13.27%), Iron: 2.25mg (12.52%), Vitamin E: 1.76mg (11.74%), Vitamin B12: 0.69µg (11.55%), Copper: 0.16mg (7.95%), Fiber: 1.92g (7.66%), Vitamin D: 0.26µg (1.72%)