



Spinach and Scallion Stuffed Chicken Breasts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons optional: dill chopped
- ☐ 0.5 cup feta cheese chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup spring onion chopped
- ☐ 4 chicken breast boneless skinless

☐ 10 ounces pkt spinach

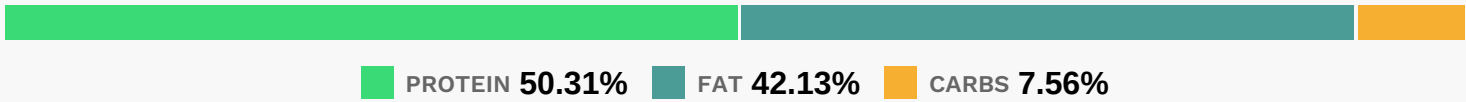
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a large skillet, heat 1 tablespoon olive oil.
- ☐ Add garlic and sauté until golden, about 30 seconds.
- ☐ Add spinach and saute until wilted.
- ☐ Let cool.
- ☐ In a medium bowl, combine scallions, dill, feta, and lemon zest.
- ☐ Add spinach and toss to combine. Season with salt and pepper.
- ☐ Make a 2 to 3 inch deep horizontal cut into each chicken breast, forming a large pocket. Stuff each breast with spinach mixture.
- ☐ Heat a large ridged grill pan over medium high heat. Spray pan with nonstick cooking spray. Grill chicken breasts until cooked through, about 3-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:30.114782706551%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol: 4.63mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 230.28kcal (11.51%), Fat: 10.76g (16.55%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 2.54g (0.92%), Sugar: 0.48g (0.53%), Cholesterol: 89.01mg (29.67%), Sodium: 596.06mg (25.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Vitamin K: 357.95µg (340.91%), Vitamin A: 6833.14IU (136.66%), Vitamin B3: 12.53mg (62.66%), Selenium: 39.94µg (57.05%), Vitamin B6: 1.09mg (54.38%), Folate: 152.35µg (38.09%), Manganese: 0.7mg (34.77%), Phosphorus: 339.98mg (34%), Vitamin C: 23.69mg (28.71%), Potassium: 850.45mg (24.3%), Vitamin B2: 0.41mg (24.28%), Magnesium: 90.72mg (22.68%), Vitamin B5: 1.85mg (18.53%), Calcium: 176.6mg (17.66%), Vitamin E: 2.23mg (14.85%), Iron: 2.61mg (14.52%), Vitamin B1: 0.16mg (10.89%), Zinc: 1.62mg (10.77%), Vitamin B12: 0.54µg (9.05%), Fiber: 1.81g (7.24%), Copper: 0.14mg (6.96%), Vitamin D: 0.19µg (1.25%)