



Spinach & feta stuffed chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet chicken breast boneless
- ☐ 85 g spinach frozen
- ☐ 85 g feta cheese crumbled
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp pinenuts

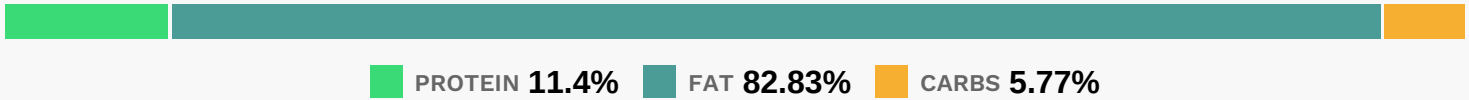
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Loosen the skin from the chicken.
- ☐ Drain the spinach in a sieve and press out as much water as possible.
- ☐ Mix with the feta and a little black pepper, then stuff between the flesh and skin of the chicken, smoothing the skin back over the stuffing. Season the chicken all over with a little salt and pepper.
- ☐ Heat the oil in a frying pan with a lid.
- ☐ Add the chicken, skin-side down, and fry until the skin is browned. Turn it over and cook on the other side, then add the pine nuts and fry until lightly toasted.
- ☐ Add 6 tbsp water, then cover for 15–20 mins until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:12.638261061648%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 159.15kcal (7.96%), Fat: 15.14g (23.29%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.32g (0.35%), Cholesterol: 19.55mg (6.52%), Sodium: 259.38mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin K: 86.34µg (82.23%), Vitamin A: 2583.2IU (51.66%), Manganese: 0.6mg (29.79%), Vitamin E: 2.13mg (14.21%), Vitamin B2: 0.24mg (14.08%), Calcium: 133.1mg (13.31%), Phosphorus: 112.88mg (11.29%), Folate: 39.35µg (9.84%), Magnesium: 32.78mg (8.2%), Zinc: 1.06mg (7.06%), Vitamin B6: 0.14mg (6.94%), Selenium: 4.82µg (6.88%), Vitamin B12: 0.36µg (6.02%), Copper: 0.1mg (5.18%), Iron: 0.86mg (4.77%), Vitamin B1: 0.07mg (4.77%), Potassium: 120.32mg (3.44%), Vitamin B3: 0.64mg (3.21%), Fiber: 0.8g (3.2%), Vitamin B5: 0.26mg (2.55%), Vitamin C: 1.22mg (1.48%)