



Spinach Stuffed Chicken Breast



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 4 chicken breast halves - pounded to 1/2 inch boneless skinless
- ☐ 4 cloves garlic minced
- ☐ 1 pinch ground pepper black
- ☐ 0.5 cup pepper jack cheese shredded
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 10 ounce spinach leaves fresh

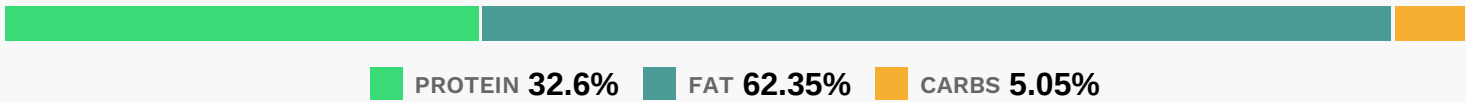
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Place spinach in a large glass bowl, and heat in the microwave for 3 minutes, stirring every minute or so, or until wilted. Stir in sour cream, pepperjack cheese, and garlic.
- ☐ Lay the chicken breasts out on a clean surface, and spoon some of the spinach mixture onto each one.
- ☐ Roll up chicken to enclose the spinach, then wrap each chicken breast with two slices of bacon. Secure with toothpicks, and arrange in a shallow baking dish.
- ☐ Bake uncovered for 35 minutes in the preheated oven, then increase heat to 500 degrees F (260 degrees C), or use the oven's broiler to cook for an additional 5 to 10 minutes to brown the bacon.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:32.412608778995%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 442.74kcal (22.14%), Fat: 30.54g (46.98%), Saturated Fat: 12.14g (75.88%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 3.94g (1.43%), Sugar: 1.38g (1.53%), Cholesterol: 130.89mg (43.63%), Sodium: 572.53mg

(24.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.85%), Vitamin K: 343.42µg (327.07%), Vitamin A: 6984.16IU (139.68%), Vitamin B3: 14.13mg (70.65%), Selenium: 49.25µg (70.36%), Vitamin B6: 1.16mg (58.09%), Phosphorus: 424.58mg (42.46%), Folate: 146.38µg (36.59%), Manganese: 0.72mg (35.78%), Potassium: 960.44mg (27.44%), Vitamin C: 22.47mg (27.23%), Magnesium: 98.13mg (24.53%), Vitamin B2: 0.39mg (22.9%), Calcium: 217.97mg (21.8%), Vitamin B5: 2.05mg (20.45%), Vitamin B1: 0.26mg (17.53%), Iron: 2.69mg (14.97%), Zinc: 2.1mg (14.03%), Vitamin E: 1.99mg (13.28%), Vitamin B12: 0.62µg (10.39%), Copper: 0.16mg (8.01%), Fiber: 1.63g (6.51%), Vitamin D: 0.37µg (2.49%)