



## Spinach-Stuffed Chicken Breasts

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

### Ingredients

- 4 slices bacon chopped
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 9 oz spinach frozen thawed
- 1 eggs slightly beaten
- 0.5 teaspoon thyme leaves dried
- 4 oz pizza cheese shredded italian
- 24 oz chicken breast boneless skinless

- 0.5 teaspoon pepper
- 2 tablespoons vegetable oil
- 1 serving rice hot cooked

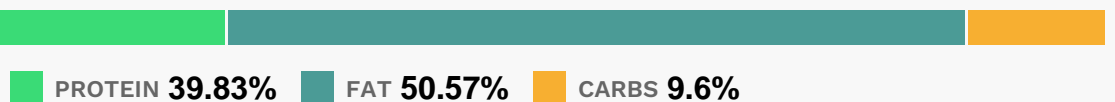
## Equipment

- bowl
- frying pan
- paper towels

## Directions

- In 12-inch skillet, cook bacon over medium heat 5 to 8 minutes, stirring occasionally, until crisp.
- Remove bacon from skillet, reserving fat in skillet.
- Drain bacon on paper towels; crumble and set aside.
- In same skillet, cook onion and garlic in bacon fat over medium-high heat 2 to 3 minutes, stirring frequently, until onion is tender.
- Remove skillet from heat; set aside. In medium bowl, mix spinach, egg, thyme and cheese. Stir in onion mixture and bacon.
- In thick side of each chicken breast, cut 3-inch-long pocket to within 1/4 inch of opposite side of breast. Spoon about 1/4 cup spinach mixture into pocket in each chicken breast.
- Sprinkle pepper over chicken.
- In same skillet, heat oil over medium-high heat.
- Add chicken; cook uncovered 8 to 10 minutes, turning once, until light brown on all sides. Reduce heat to low. Cover; cook 10 to 20 minutes longer, turning if necessary, until chicken is no longer pink in center (170°F).
- Serve immediately with rice.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:26.045652057814%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

## Nutrients (% of daily need)

Calories: 338.52kcal (16.93%), Fat: 19.02g (29.26%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.53g (2.37%), Sugar: 0.89g (0.99%), Cholesterol: 113.31mg (37.77%), Sodium: 307.31mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.42%), Vitamin K: 167.12µg (159.16%), Vitamin A: 5074.63IU (101.49%), Selenium: 45.24µg (64.63%), Vitamin B3: 12.72mg (63.59%), Vitamin B6: 1.02mg (50.78%), Phosphorus: 306.11mg (30.61%), Manganese: 0.44mg (22.01%), Vitamin B5: 1.93mg (19.26%), Potassium: 637.18mg (18.21%), Folate: 72.7µg (18.18%), Magnesium: 67.73mg (16.93%), Vitamin B2: 0.26mg (15.38%), Vitamin E: 1.97mg (13.13%), Vitamin B1: 0.17mg (11.13%), Calcium: 110.77mg (11.08%), Iron: 1.53mg (8.5%), Zinc: 1.27mg (8.45%), Fiber: 1.6g (6.4%), Vitamin C: 5.27mg (6.38%), Copper: 0.12mg (6.19%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.32µg (2.12%)