



Spinach-Stuffed Chicken Breasts

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1 eggs slightly beaten
- ☐ 9 oz spinach frozen thawed
- ☐ 2 cloves garlic finely chopped
- ☐ 4 oz pizza cheese shredded italian
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings rice hot cooked

- ☐ 24 oz chicken breast boneless skinless
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons vegetable oil

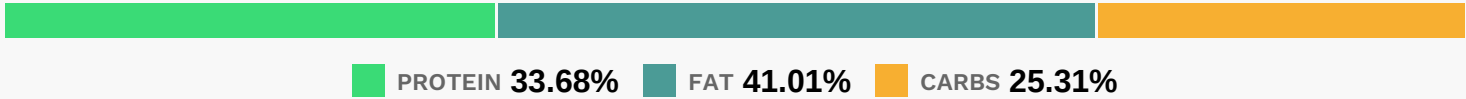
Equipment

- ☐ 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 (170F).
- ☐ Serve immediately with rice.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:24.31, Inflammation Score:-10, Nutrition Score:27.956087112427%

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: 424.11kcal (21.21%), Fat: 19.2g (29.54%), Saturated Fat: 4.36g (27.24%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 24.81g (9.02%), Sugar: 0.92g (1.02%), Cholesterol: 113.31mg (37.77%), Sodium: 307.97mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.96%), Vitamin K: 167.12µg (159.16%), Vitamin A: 5074.63IU (101.49%), Selenium: 50.18µg (71.69%), Vitamin B3: 12.98mg (64.91%), Vitamin B6: 1.08mg (53.85%), Manganese: 0.75mg (37.55%), Phosphorus: 334.42mg (33.44%), Vitamin B5: 2.18mg (21.83%), Magnesium: 75.63mg (18.91%), Potassium: 660.22mg (18.86%), Folate: 74.68µg (18.67%), Vitamin B2: 0.27mg (15.89%), Vitamin E: 2mg (13.31%), Vitamin B1: 0.18mg (12.01%), Calcium: 117.36mg (11.74%), Zinc: 1.59mg (10.6%), Iron: 1.66mg (9.23%), Copper: 0.17mg (8.46%), Fiber: 1.86g (7.45%), Vitamin C: 5.27mg (6.38%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.32µg (2.12%)