



Spinach-Stuffed Chicken Breasts

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1662 kcal

SIDE DISH

Ingredients

- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 6 Tbsp roasted pepper dressing red italian divided kraft
- 0.3 cup roasted peppers red coarsely chopped
- 1.5 lb chicken breasts boneless skinless
- 10 oz spinach leaves chopped
- 6 oz stove top stuffing mix for chicken
- 1.5 cups water

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Bring water and 2 Tbsp. dressing to boil in large skillet on medium-high heat. Stir in spinach, stuffing mix and peppers; cover.
- Remove from heat.
- Let stand 5 min.
- Spread onto chicken breasts.
- Roll up each breast, starting at one short end; place, seam-side down, in 13x9-inch baking dish.
- Brush with remaining dressing.
- Bake 35 min. or until chicken is done (165F). Top with cheese; bake 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:80.700434726218%

Flavonoids

Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 18.09mg, Kaempferol: 18.09mg, Kaempferol: 18.09mg, Kaempferol: 18.09mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 1661.92kcal (83.1%), Fat: 33.8g (52%), Saturated Fat: 11.19g (69.96%), Carbohydrates: 146.28g (48.76%), Net Carbohydrates: 133.12g (48.41%), Sugar: 15.89g (17.66%), Cholesterol: 472.99mg (157.66%), Sodium: 5460.64mg (237.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 185.84g (371.68%), Vitamin K: 1373.41µg (1308.01%), Vitamin A: 27703.36IU (554.07%), Selenium: 310.64µg (443.77%), Vitamin B3: 83.56mg (417.82%), Vitamin B6: 6.17mg (308.34%), Folate: 887.79µg (221.95%), Phosphorus: 2091.58mg (209.16%), Manganese: 3.86mg (192.94%), Vitamin C: 145.34mg (176.17%), Potassium: 4745.39mg (135.58%), Magnesium: 498.93mg

(124.73%), Vitamin B2: 2.11mg (124.13%), Vitamin B1: 1.71mg (114.09%), Vitamin B5: 10.65mg (106.48%), Iron: 17.79mg (98.85%), Calcium: 978.95mg (97.89%), Copper: 1.19mg (59.43%), Zinc: 8.83mg (58.9%), Fiber: 13.16g (52.66%), Vitamin E: 7.77mg (51.82%), Vitamin B12: 1.85µg (30.9%), Vitamin D: 0.85µg (5.66%)