



Spinach-Stuffed Chicken Breasts for Two

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



973 kcal

SIDE DISH

Ingredients

- ☐ 2 Tbsp roasted pepper dressing red italian divided kraft
- ☐ 1 Tbsp roasted peppers red coarsely chopped
- ☐ 0.3 cup milk mozzarella cheese shredded 2% kraft
- ☐ 0.5 lb chicken breasts boneless skinless
- ☐ 2 cups tightly spinach fresh packed chopped
- ☐ 0.7 cup stove top stuffing mix for chicken in the canister
- ☐ 0.3 cup water

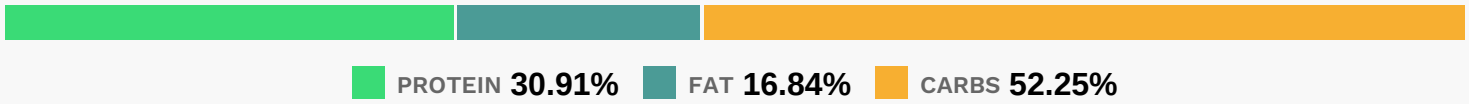
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Heat oven to 350F.
- ☐ Bring water and 1 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.
- ☐ Place chicken, top sides down, on cutting board; spread with stuffing mixture.
- ☐ Roll up, starting at one short end of each breast.
- ☐ Place, seam sides down, in 8-inch square 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:59, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:56.152173653893%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 973.15kcal (48.66%), Fat: 17.86g (27.48%), Saturated Fat: 6.36g (39.74%), Carbohydrates: 124.71g (41.57%), Net Carbohydrates: 117.81g (42.84%), Sugar: 13.58g (15.09%), Cholesterol: 168.85mg (56.28%), Sodium: 3313.04mg (144.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.78g (147.55%), Vitamin K: 292.63µg (278.7%), Selenium: 153.78µg (219.68%), Vitamin B3: 33.46mg (167.28%), Vitamin A: 6117.24IU (122.34%), Vitamin B6: 2.14mg (107.24%), Folate: 399.5µg (99.88%), Phosphorus: 836.05mg (83.61%), Manganese: 1.59mg (79.42%), Vitamin B1:

1.15mg (76.77%), Vitamin B2: 1.07mg (62.94%), Iron: 8.95mg (49.74%), Vitamin C: 40.2mg (48.73%), Potassium: 1647.97mg (47.08%), Magnesium: 180.72mg (45.18%), Vitamin B5: 3.95mg (39.55%), Calcium: 385.68mg (38.57%), Copper: 0.59mg (29.4%), Fiber: 6.9g (27.6%), Zinc: 4.01mg (26.7%), Vitamin B12: 1.12µg (18.73%), Vitamin E: 2.3mg (15.34%), Vitamin D: 0.34µg (2.26%)