



## Spinach-Stuffed Chicken Breasts for Two

READY IN



60 min.

SERVINGS



2

CALORIES



487 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

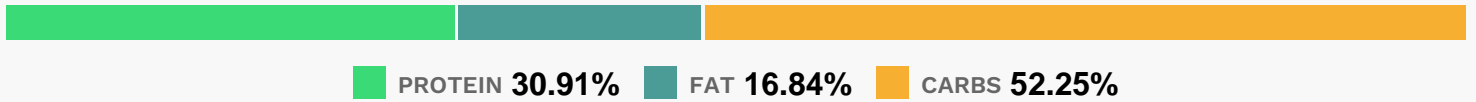
### Equipment

- 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:29.5, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:34.528260764868%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 486.57kcal (24.33%), Fat: 8.93g (13.74%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 62.35g (20.78%), Net Carbohydrates: 58.9g (21.42%), Sugar: 6.79g (7.55%), Cholesterol: 84.42mg (28.14%), Sodium: 1656.52mg (72.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.89g (73.78%), Vitamin K: 146.32µg (139.35%), Selenium: 76.89µg (109.84%), Vitamin B3: 16.73mg (83.64%), Vitamin A: 3058.62IU (61.17%), Vitamin B6: 1.07mg (53.62%), Folate: 199.75µg (49.94%), Phosphorus: 418.03mg (41.8%), Manganese: 0.79mg (39.71%), Vitamin B1:

0.58mg (38.38%), Vitamin B2: 0.54mg (31.47%), Iron: 4.48mg (24.87%), Vitamin C: 20.1mg (24.36%), Potassium: 823.98mg (23.54%), Magnesium: 90.36mg (22.59%), Vitamin B5: 1.98mg (19.77%), Calcium: 192.84mg (19.28%), Copper: 0.29mg (14.7%), Fiber: 3.45g (13.8%), Zinc: 2mg (13.35%), Vitamin B12: 0.56µg (9.36%), Vitamin E: 1.15mg (7.67%), Vitamin D: 0.17µg (1.13%)