



## Spinach-Stuffed Chicken Bundles

READY IN



60 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

### Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 eggs
- 10 oz pkt spinach frozen thawed drained chopped well
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 6 Tbsp parmesan cheese divided grated kraft
- 0.5 cup ritz crackers crushed
- 1.5 lb chicken breasts boneless skinless

### Equipment

- oven
- baking pan
- toothpicks

## Directions

- Heat oven to 375F.
- Mix cream cheese, spinach, mozzarella and 3 Tbsp. Parmesan until blended; spread onto chicken. Starting at one short end of each breast, roll up chicken tightly. Secure with wooden toothpicks, if desired.
- Beat egg in shallow dish.
- Mix remaining Parmesan and cracker crumbs in separate shallow dish. Dip chicken in egg, then roll in crumb mixture to evenly coat.
- Place, seam-sides down, in 13x9-inch baking dish sprayed with cooking spray.
- Bake 30 min. or until chicken is done (165F).
- Remove and discard toothpicks.

## Nutrition Facts

**PROTEIN 44.19%** **FAT 46.27%** **CARBS 9.54%**

## Properties

Glycemic Index:4.5, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:27.980869500533%

## Nutrients (% of daily need)

Calories: 312.67kcal (15.63%), Fat: 15.94g (24.52%), Saturated Fat: 7.65g (47.78%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.67g (1.85%), Cholesterol: 135.24mg (45.08%), Sodium: 483.41mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.49%), Vitamin K: 179.3µg (170.76%), Vitamin A: 6000.92IU (120.02%), Selenium: 47.67µg (68.1%), Vitamin B3: 12.36mg (61.79%), Vitamin B6: 0.97mg (48.69%), Phosphorus: 427.81mg (42.78%), Calcium: 286.93mg (28.69%), Vitamin B2: 0.38mg (22.55%), Folate: 83.77µg (20.94%), Manganese: 0.39mg (19.34%), Vitamin B5: 1.93mg (19.3%), Magnesium: 74.49mg (18.62%), Potassium: 648.95mg (18.54%), Vitamin E: 2.05mg (13.68%), Zinc: 1.87mg (12.49%), Vitamin B1: 0.15mg (10.07%), Iron: 1.75mg (9.72%), Vitamin B12: 0.55µg (9.24%), Copper: 0.12mg (6.01%), Fiber: 1.49g (5.94%), Vitamin C: 3.96mg (4.8%), Vitamin D: 0.34µg (2.27%)