



Sticky Figgy Chickie (Stuffed Chicken Breast)

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



1

CALORIES



1164 kcal

SIDE DISH

Ingredients

- 1 chicken breast
- 0.3 cup figs halved
- 1 serving kosher salt and pepper black freshly ground
- 0.1 cup maple syrup
- 0.5 cup mushrooms mixed roughly sliced
- 2 tablespoons olive oil divided
- 1 small link pork sausage
- 1 serving truffle oil to taste

Equipment

- bowl
- frying pan
- oven
- toothpicks
- kitchen twine

Directions

- Special equipment: Kitchen twine or toothpicks
- Preheat the oven to 350 degrees F.
- Butterfly the chicken breast and pound it out until flat, then season both sides with salt and pepper, to taste.
- In a large saute pan over medium-high heat, add 1 tablespoon of the olive oil and the sausage. Break up the sausage and cook until browned.
- Remove the sausage from the pan to a bowl.
- Add the mushrooms to the hot pan, season with salt, to taste and saute until soft. When soft, add the figs and saute for 2 to 3 minutes. Season with salt and pepper to taste, then remove from heat and cool.
- Add the sausage back into the pan and stir the mixture until combined.
- Add the sausage filling to flattened chicken on the side closest to you.
- Roll chicken like a cigar tucking it tightly at each roll. Tie with kitchen string or secure with toothpicks.
- Heat the remaining oil in an oven-proof saute pan over medium-high heat.
- Add the chicken and sear it on all sides until golden brown.
- Transfer the pan to the oven and bake for 10 minutes.
- Remove the chicken from the oven and pour off the grease from the pan.
- Brush the chicken with honey or maple syrup and truffle oil and serve.

Nutrition Facts



■ PROTEIN 23.37% ■ FAT 60.75% ■ CARBS 15.88%

Properties

Glycemic Index:189.5, Glycemic Load:17.34, Inflammation Score:-6, Nutrition Score:39.371739180192%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 1163.55kcal (58.18%), Fat: 78.57g (120.87%), Saturated Fat: 17.05g (106.59%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 41.65g (15.14%), Sugar: 36.45g (40.5%), Cholesterol: 226mg (75.33%), Sodium: 996.08mg (43.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.02g (136.03%), Vitamin B3: 33.54mg (167.69%), Vitamin B6: 2.44mg (121.84%), Selenium: 78.88µg (112.69%), Phosphorus: 762.15mg (76.21%), Vitamin B2: 1.15mg (67.65%), Manganese: 1.31mg (65.68%), Vitamin B5: 5.85mg (58.53%), Potassium: 1689.49mg (48.27%), Vitamin E: 6.76mg (45.05%), Vitamin B1: 0.53mg (35.63%), Zinc: 5.3mg (35.32%), Magnesium: 115.86mg (28.96%), Vitamin K: 29.13µg (27.74%), Vitamin B12: 1.41µg (23.54%), Fiber: 4.57g (18.26%), Iron: 3.06mg (17.01%), Copper: 0.34mg (16.94%), Vitamin D: 2.15µg (14.31%), Calcium: 89.17mg (8.92%), Folate: 28.43µg (7.11%), Vitamin C: 4.69mg (5.68%), Vitamin A: 237.09IU (4.74%)