



Stuffed Alfredo Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



722 kcal

SIDE DISH

Ingredients

- 1.3 ounce alfredo sauce mix
- 4 skinned and boned chicken breasts
- 10 ounce pkt spinach frozen thawed drained chopped
- 8 ounces ground mild pork sausage italian
- 4 ounces parmesan cheese shredded
- 2 plum tomatoes diced
- 0.5 cup ricotta cheese
- 4 ounces mozzarella cheese shredded

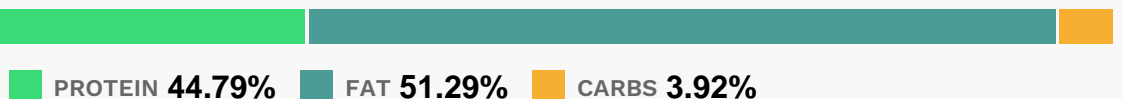
Equipment

- frying pan
- oven
- plastic wrap
- baking pan
- rolling pin
- meat tenderizer

Directions

- Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin. Set aside.
- Cook sausage in a large skillet over medium-high heat 10 minutes or until it crumbles and is no longer pink; drain and set aside.
- Prepare Alfredo sauce according to package directions; set aside.
- Combine shredded mozzarella and Parmesan cheeses.
- Stir together sausage, spinach, ricotta cheese, and 1/2 cup mozzarella cheese mixture. Spoon mixture evenly down center of each chicken breast, and roll up, jellyroll fashion. Arrange chicken rolls, seam side down, in a lightly greased 2-quart baking dish.
- Pour Alfredo sauce over chicken, and sprinkle evenly with remaining 1 1/2 cups mozzarella cheese mixture.
- Bake at 350 for 50 minutes to 1 hour or until chicken is done.
- Let stand 10 minutes.
- Cut chicken rolls into slices.
- Serve with sauce; sprinkle evenly with diced tomatoes just before serving.
- Note: For testing purposes only, we used McCormick Creamy Garlic Alfredo Pasta Sauce Blend.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:45.69608713233%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 722.2kcal (36.11%), Fat: 40.5g (62.3%), Saturated Fat: 17.99g (112.41%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.02g (2.24%), Cholesterol: 248.76mg (82.92%), Sodium: 1394.26mg (60.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.58g (159.15%), Vitamin K: 268.25µg (255.48%), Vitamin A: 9230.22IU (184.6%), Vitamin B3: 26.92mg (134.6%), Selenium: 92.27µg (131.81%), Vitamin B6: 2.06mg (103.13%), Phosphorus: 939.39mg (93.94%), Calcium: 653.92mg (65.39%), Vitamin B2: 0.69mg (40.86%), Potassium: 1375.68mg (39.31%), Vitamin B5: 3.93mg (39.3%), Magnesium: 144.82mg (36.2%), Vitamin B12: 2.03µg (33.77%), Zinc: 4.96mg (33.05%), Folate: 124.71µg (31.18%), Manganese: 0.59mg (29.35%), Vitamin B1: 0.4mg (26.82%), Vitamin E: 2.91mg (19.4%), Iron: 3.36mg (18.69%), Vitamin C: 11.25mg (13.64%), Copper: 0.24mg (11.87%), Fiber: 2.43g (9.71%), Vitamin D: 1.28µg (8.53%)