



Stuffed Breaded Chicken

READY IN



40 min.

SERVINGS



40

CALORIES



57 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 4 oz philadelphia cream cheese softened ()
- 2 Tbsp butter and olive oil
- 1 cranberry-orange relish
- 0.5 cup seasoned bread crumbs dry
- 1.5 lb chicken breasts boneless skinless

Equipment

- frying pan

- plastic wrap
- toothpicks
- rolling pin
- cutting board

Directions

- Place chicken on piece of plastic wrap on cutting board; cover with second piece of plastic wrap. Pound chicken with rolling pin to 1/2-inch-thickness.
- Wash orange, then grate the peel.
- Mix 1 tsp. of the orange peel with cream cheese and bacon until well blended.
- Spread 1 Tbsp. of the cream cheese mixture onto center of each chicken breast; roll up, folding in both short ends of each breast to enclose filling. Secure with toothpicks. Coat with bread crumbs; shake gently to remove excess crumbs.
- Melt butter with oil in large skillet on medium-high heat.
- Add chicken; cook 10 min. on each side or golden brown on both sides and cooked through (180F).
- Place chicken on serving plate.
- Remove and discard toothpicks.
- Cut orange in half; squeeze juice over chicken.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:1.74, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.4247826188803%

Flavonoids

Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.55kcal (2.83%), Fat: 3.51g (5.4%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.5g (0.55%), Cholesterol: 15.94mg (5.31%), Sodium: 70.53mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Vitamin B3: 2.01mg (10.06%), Selenium: 6.74µg (9.62%), Vitamin B6: 0.14mg (7.11%), Phosphorus: 46.62mg (4.66%), Vitamin B5: 0.29mg (2.94%), Vitamin B1: 0.04mg (2.53%), Vitamin C: 1.99mg (2.41%), Potassium: 82.61mg (2.36%), Vitamin B2: 0.03mg (1.98%), Magnesium: 6.09mg (1.52%), Vitamin E: 0.18mg (1.21%), Zinc: 0.18mg (1.17%), Vitamin K: 1.21µg (1.15%), Vitamin A: 54.66IU (1.09%), Vitamin B12: 0.06µg (1.03%)