



 **6%**
HEALTH SCORE

Stuffed Chicken Breast

 **Gluten Free**

READY IN



27 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

Ingredients

- 2 Tbsp chicken seasoning
- 8 oz cream cheese
- 4 servings spring onion
- 3 chicken breast boneless skinless

Equipment

Directions

- Wash and Pat dry chicken breast.
- Cut chicken lengthwise, careful not to cut all the way through.
- Stuff chicken breast with cream cheese and onion.
- Firmly press the chicken breast closed.
- Spray chicken with olive oil based cooking spray.
- Rib chicken breast with your favorite chicken seasonings.

Nutrition Facts

PROTEIN 28.67% **FAT 64.74%** **CARBS 6.59%**

Properties

Glycemic Index:14.75, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:13.217391304348%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Taste

Sweetness: 11.27%, Saltiness: 100%, Sourness: 32.34%, Bitterness: 22.45%, Savoriness: 56.65%, Fattiness: 59.13%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 303.74kcal (15.19%), Fat: 21.88g (33.66%), Saturated Fat: 12.01g (75.05%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.61g (1.68%), Sugar: 2.34g (2.6%), Cholesterol: 111.51mg (37.17%), Sodium: 277.9mg (12.08%), Protein: 21.8g (43.6%), Selenium: 32.19µg (45.99%), Vitamin B3: 8.99mg (44.94%), Vitamin B6: 0.7mg (34.96%), Vitamin K: 31.5µg (30%), Phosphorus: 244.63mg (24.46%), Vitamin A: 904.62IU (18.09%), Vitamin B5: 1.54mg (15.35%), Vitamin B2: 0.22mg (13.19%), Potassium: 420.03mg (12%), Manganese: 0.18mg (8.97%), Calcium: 85.47mg (8.55%), Magnesium: 33.27mg (8.32%), Iron: 1.24mg (6.9%), Zinc: 0.87mg (5.78%), Vitamin B1: 0.08mg (5.09%), Vitamin B12: 0.29µg (4.9%), Vitamin E: 0.71mg (4.74%), Folate: 15.37µg (3.84%), Vitamin C: 2.41mg (2.92%), Copper: 0.06mg (2.83%), Fiber: 0.4g (1.62%)