

## Stuffed Chicken Breasts

 **Gluten Free**  **Very Healthy**

READY IN



**80 min.**

SERVINGS



**4**

CALORIES



**641 kcal**

SIDE DISH

### Ingredients

- 0.1 teaspoon ground pepper
- 1 cup rice cooked
- 2 cups oatmeal cornflakes crushed
- 1 cup skim milk fat-free
- 3 garlic clove minced
- 0.5 teaspoon garlic powder
- 0.5 cup bell pepper diced green
- 0.3 cup chicken broth reduced-sodium

- 0.5 cup mushrooms fresh diced
- 0.3 cup onion diced
- 4 chicken breast halves boneless skinless

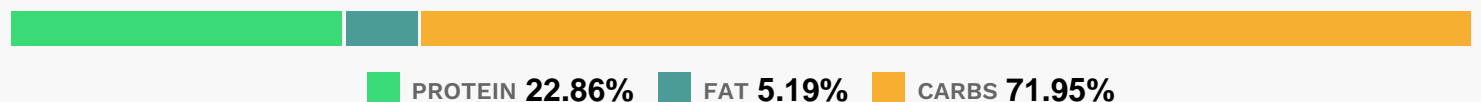
## Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks

## Directions

- Pound chicken to 1/4-in. thickness and set aside. In a saucepan, combine mushrooms, green pepper, onion, garlic and broth; bring to a boil. Reduce heat and simmer for 3 minutes.
- Remove from the heat; add rice.
- Mix well and set aside.
- In a bowl, combine the cornflakes, garlic powder and cayenne; set aside. Spoon a fourth of the rice mixture onto the center of each chicken breast. Fold chicken around rice mixture; seal with toothpicks.
- Dip chicken in milk. Coat all sides with cornflakes mixture.
- Place chicken in a shallow baking dish coated with cooking spray. Spray tops of chicken with cooking spray.
- Bake at 375° for 55–60 minutes or until juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:69.56, Glycemic Load:13.53, Inflammation Score:-10, Nutrition Score:48.66739121209%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

## **Nutrients (% of daily need)**

Calories: 640.82kcal (32.04%), Fat: 3.76g (5.78%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 117.03g (39.01%), Net Carbohydrates: 112.26g (40.82%), Sugar: 15.52g (17.24%), Cholesterol: 74.16mg (24.72%), Sodium: 1025.56mg (44.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.35%), Iron: 34.92mg (194.02%), Vitamin B3: 33.95mg (169.76%), Vitamin B6: 3.14mg (156.97%), Vitamin B2: 2.06mg (121.21%), Vitamin B1: 1.73mg (115.4%), Folate: 435.35µg (108.84%), Vitamin B12: 6.52µg (108.59%), Selenium: 51.75µg (73.92%), Vitamin C: 42.92mg (52.02%), Vitamin A: 2366.9IU (47.34%), Phosphorus: 467.03mg (46.7%), Vitamin D: 5.07µg (33.8%), Vitamin B5: 2.48mg (24.8%), Manganese: 0.49mg (24.39%), Potassium: 845.74mg (24.16%), Magnesium: 92.64mg (23.16%), Fiber: 4.77g (19.07%), Copper: 0.36mg (18.2%), Zinc: 2.46mg (16.43%), Calcium: 105.94mg (10.59%), Vitamin E: 0.47mg (3.12%), Vitamin K: 1.73µg (1.65%)