



Stuffed Chicken Breasts Primavera

READY IN



60 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

Ingredients

- 5 Tbsp 5 tbsp. kraft zesty italian dressing italian divided kraft
- 0.5 onion finely chopped
- 0.5 bell pepper red seeded finely chopped
- 1 cup cheddar cheese shredded divided kraft
- 2 lb chicken breasts boneless skinless
- 6 oz stove top stuffing mix for chicken
- 0.8 cup water
- 0.5 zucchini finely chopped

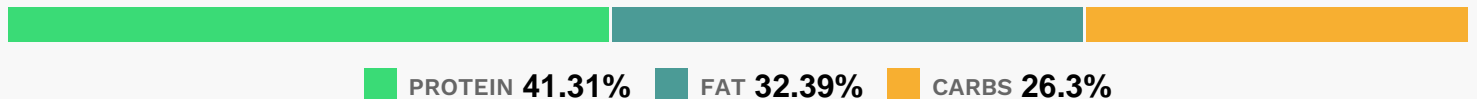
Equipment

- frying pan
- oven
- baking pan
- cutting board

Directions

- Preheat oven to 350F.
- Heat 3 Tbsp. of the dressing in large skillet on medium-high heat.
- Add peppers, zucchini and onions; cook until crisp-tender, stirring occasionally.
- Add water; bring to boil. Stir in stuffing mix; cover.
- Remove from heat.
- Let stand 5 min.; set aside.
- Place chicken breasts, top-sides down, on large cutting board; spread evenly with the stuffing mixture.
- Sprinkle with 1/2 cup of the cheese. Starting at one of the short ends, tightly roll up each chicken piece; place, seam-side down, in 13x9-inch baking dish.
- Drizzle evenly with the remaining 2 Tbsp. dressing.
- Bake 30 min.; sprinkle with remaining 1/2 cup cheese.
- Bake an additional 5 min. or until cheese is melted and chicken is cooked through (170F).

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:17.518260722575%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:

0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 297.79kcal (14.89%), Fat: 10.47g (16.11%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 18.05g (6.56%), Sugar: 3.71g (4.12%), Cholesterol: 86.91mg (28.97%), Sodium: 616.55mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.08%), Selenium: 50.74µg (72.49%), Vitamin B3: 13.21mg (66.04%), Vitamin B6: 0.95mg (47.36%), Phosphorus: 342.77mg (34.28%), Vitamin B5: 1.82mg (18.16%), Vitamin B2: 0.28mg (16.55%), Vitamin C: 13.62mg (16.51%), Potassium: 548.17mg (15.66%), Vitamin B1: 0.22mg (14.53%), Calcium: 132.08mg (13.21%), Folate: 50.89µg (12.72%), Magnesium: 46.27mg (11.57%), Zinc: 1.45mg (9.68%), Manganese: 0.19mg (9.32%), Vitamin A: 436.79IU (8.74%), Iron: 1.37mg (7.6%), Vitamin K: 6.86µg (6.54%), Vitamin B12: 0.38µg (6.35%), Copper: 0.1mg (5.08%), Vitamin E: 0.74mg (4.91%), Fiber: 1.08g (4.3%), Vitamin D: 0.2µg (1.32%)