



Stuffed Chicken Breasts with Artichoke Hearts and Goat Cheese

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.8 cup artichoke hearts frozen thawed chopped
- ☐ 1 teaspoon herbs de provence dried divided
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons olive oil divided
- ☐ 0.3 teaspoon salt divided
- ☐ 0.3 cup shallots minced (3)
- ☐ 16 ounce chicken breast halves

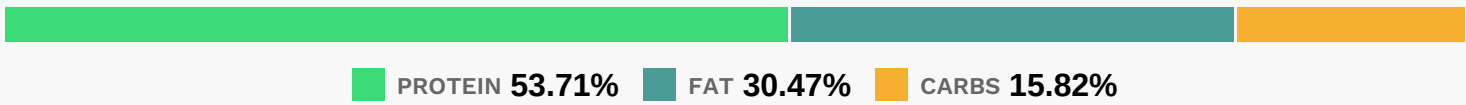
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 teaspoon oil in a nonstick skillet over medium heat.
- ☐ Add artichokes and shallots; saut 4 minutes.
- ☐ Remove from pan; cool. Stir in cheese, 1/2 teaspoon herbes de Provence, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff 2 tablespoons artichoke mixture into each pocket.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add chicken, and sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper; saut 6 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add 1/2 teaspoon herbes de Provence and broth to pan; bring to a boil.
- ☐ Combine juice and cornstarch; add to broth mixture, stirring with a whisk. Cook 1 minute or until thick. Return chicken to pan; cover and cook 2 minutes or until thoroughly heated.
- ☐ Garnish with parsley and lemon strips, if desired.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:15.791304295478%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.97kcal (10.1%), Fat: 6.8g (10.47%), Saturated Fat: 1.92g (12%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 5.59g (2.03%), Sugar: 1.44g (1.6%), Cholesterol: 78.88mg (26.29%), Sodium: 612.78mg (26.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.98%), Vitamin B3: 12.65mg (63.23%), Selenium: 38.92µg (55.6%), Vitamin B6: 0.98mg (49%), Phosphorus: 304.29mg (30.43%), Vitamin B5: 1.89mg (18.9%), Folate: 70.5µg (17.62%), Potassium: 611.89mg (17.48%), Vitamin B2: 0.25mg (14.86%), Magnesium: 47.73mg (11.93%), Manganese: 0.21mg (10.68%), Vitamin C: 7.92mg (9.6%), Fiber: 2.36g (9.44%), Vitamin B1: 0.13mg (8.35%), Vitamin B12: 0.46µg (7.67%), Zinc: 1.1mg (7.31%), Iron: 1.29mg (7.16%), Calcium: 62.64mg (6.26%), Vitamin K: 6.17µg (5.87%), Copper: 0.09mg (4.31%), Vitamin E: 0.55mg (3.69%), Vitamin A: 143.47IU (2.87%)