



Stuffed Chicken Breasts with Artichoke Hearts, Feta Cheese, Capers, and Black Olives

 Gluten Free

READY IN



540 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 4 ounce capers drained
- 4 ounce feta cheese crumbled
- 6 ounce olives drained sliced canned
- 8 ounce salad dressing italian-style
- 1 pound chicken breast halves boneless skinless

Equipment

- bowl
- oven
- baking pan
- toothpicks
- meat tenderizer

Directions

- Place the chicken breast halves into a plastic zipper bag. Shake the bottle of Italian dressing and pour into the bag. Seal the bag and shake to thoroughly coat the chicken with the dressing; refrigerate at least 8 hours or overnight.
- Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish with olive oil.
- Remove the chicken breast halves and shake off excess marinade. Discard the leftover marinade.
- Place the chicken between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of 1/2 inch.
- Mix together the artichoke hearts, olives, capers, and feta cheese in a bowl; spoon about 2 tablespoons of the feta mixture into the middle of each flattened chicken breast.
- Roll each chicken breast around the filling and secure with toothpicks.
- Place the rolled chicken breasts into the prepared baking dish.
- Bake in the preheated oven until the chicken has browned and the juices run clear, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:19.343478192454%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 37.23mg, Kaempferol: 37.23mg, Kaempferol: 37.23mg, Kaempferol: 37.23mg Quercetin: 48.92mg, Quercetin: 48.92mg, Quercetin: 48.92mg,

Quercetin: 48.92mg

Nutrients (% of daily need)

Calories: 431.56kcal (21.58%), Fat: 27.75g (42.69%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 10.96g (3.99%), Sugar: 7.23g (8.04%), Cholesterol: 97.81mg (32.6%), Sodium: 2832.49mg (123.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.41%), Vitamin B3: 12.47mg (62.34%), Selenium: 42.4µg (60.57%), Vitamin B6: 1.03mg (51.28%), Vitamin K: 40.06µg (38.15%), Phosphorus: 346.71mg (34.67%), Vitamin B2: 0.4mg (23.24%), Vitamin E: 3.38mg (22.52%), Vitamin B5: 1.91mg (19.07%), Calcium: 186.26mg (18.63%), Fiber: 3.84g (15.35%), Potassium: 513.98mg (14.69%), Magnesium: 51.74mg (12.93%), Vitamin B12: 0.71µg (11.77%), Zinc: 1.62mg (10.81%), Copper: 0.21mg (10.38%), Vitamin B1: 0.14mg (9.44%), Iron: 1.43mg (7.96%), Vitamin A: 380.31IU (7.61%), Folate: 21.4µg (5.35%), Vitamin C: 2.81mg (3.4%), Manganese: 0.06mg (3.23%), Vitamin D: 0.23µg (1.51%)