



Stuffed Chicken Breasts with Gouda and Spinach

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter melted
- 1.3 lb chicken breast bone-in
- 10 oz spinach frozen thawed chopped
- 0.3 teaspoon nutmeg
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 oz swiss cheese smoked shredded

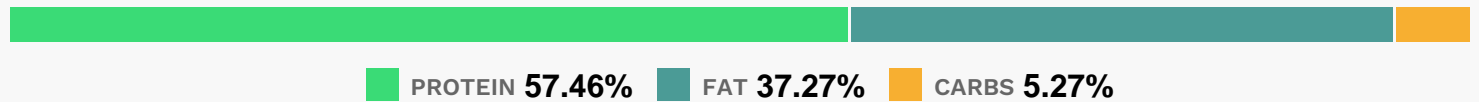
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375F. Grease 9-inch square pan.
- Remove bones from chicken breasts. Do not remove skin. Loosen skin from chicken breasts.
- In medium bowl, mix cheese, nutmeg and spinach until well blended.
- Spread one-fourth of mixture evenly between meat and skin of each chicken breast. Smooth skin over breasts, tucking under loose areas.
- Place chicken, skin sides up, in pan.
- Sprinkle with salt and pepper; drizzle with butter.
- Bake uncovered 45 to 55 minutes or until juice of chicken is clear when center of thickest part is cut (170F).

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:30.642173992551%

Nutrients (% of daily need)

Calories: 256.8kcal (12.84%), Fat: 10.53g (16.2%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.5g (0.55%), Cholesterol: 103.9mg (34.63%), Sodium: 557.4mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.07%), Vitamin K: 264.34µg (251.75%), Vitamin A: 8561.07IU (171.22%), Selenium: 53.89µg (76.98%), Vitamin B3: 15.16mg (75.78%), Vitamin B6: 1.19mg (59.72%), Phosphorus: 414.8mg (41.48%), Folate: 109.85µg (27.46%), Manganese: 0.54mg (27.06%), Magnesium: 95.21mg (23.8%), Calcium: 226.38mg (22.64%), Potassium: 782.96mg (22.37%), Vitamin B5: 2.15mg (21.51%), Vitamin B2: 0.34mg (20.28%), Vitamin E: 2.49mg (16.59%), Zinc: 1.84mg (12.29%), Vitamin B12: 0.71µg (11.9%), Vitamin B1: 0.16mg (10.65%), Iron: 1.9mg (10.56%), Fiber: 2.11g (8.45%), Copper: 0.15mg (7.51%), Vitamin C: 5.61mg (6.8%)