



Stuffed Chicken Breasts with Rosemary-Orange Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 6 chicken breast halves boneless with skin
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 1 large garlic clove peeled
- ☐ 4 garlic clove pressed
- ☐ 0.5 cup oil-cured olives green pitted chopped
- ☐ 0.8 cup olive oil
- ☐ 6 tablespoons orange juice

- ☐ 1 tablespoon orange zest finely grated
- ☐ 2 large cranberry-orange relish unpeeled cut into 6 wedges

Equipment

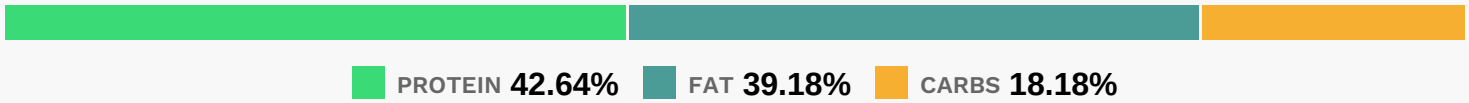
- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ toothpicks
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Blend first 5 ingredients in mini processor until olives and garlic are chopped.
- ☐ Transfer stuffing to small bowl; season with salt and pepper. Using fingertips, gently loosen skin on 1 chicken breast, leaving 1 long side attached.
- ☐ Spread 1/6 of stuffing over flesh under skin. Pull skin flap over to cover; secure flap with metal pin or toothpick. Repeat with remaining chicken and stuffing. Arrange chicken on large rimmed baking sheet. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Combine first 4 ingredients in medium bowl. Gradually whisk in oil, then olives. Season dressing to taste with salt and pepper.
- ☐ Transfer 3/4 cup dressing to small bowl; reserve for serving.
- ☐ Coat grill rack with nonstick spray and prepare barbecue (medium-high heat). Divide remaining dressing between 2 small cups.
- ☐ Drizzle chicken with dressing from 1 cup. Arrange orange wedges on sheet of foil; brush oranges with dressing from second cup.
- ☐ Grill chicken until cooked through, drizzling with dressing from first cup and turning occasionally, 12 to 14 minutes. Grill orange wedges until heated through and slightly charred, turning and brushing often with dressing from second cup, about 10 minutes.
- ☐ Transfer chicken and orange wedges to platter.
- ☐ Serve with reserved 3/4 cup dressing.

☐ To get the most juice out of an orange, roll the room-temperature fruit along the countertop with the palm of your hand before squeezing. This technique will work for all citrus fruit.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:3.58, Inflammation Score:-6, Nutrition Score:15.856087000474%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 18.74mg, Hesperetin: 18.74mg, Hesperetin: 18.74mg, Hesperetin: 18.74mg Naringenin: 9.93mg, Naringenin: 9.93mg, Naringenin: 9.93mg, Naringenin: 9.93mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 234.91kcal (11.75%), Fat: 10.21g (15.71%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.25g (8.05%), Cholesterol: 72.32mg (24.11%), Sodium: 307.49mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25g (49.99%), Vitamin B3: 12.09mg (60.43%), Vitamin C: 44.77mg (54.27%), Selenium: 36.95µg (52.79%), Vitamin B6: 0.93mg (46.42%), Phosphorus: 253.7mg (25.37%), Vitamin B5: 1.82mg (18.24%), Potassium: 584.49mg (16.7%), Vitamin E: 1.54mg (10.28%), Magnesium: 40.07mg (10.02%), Vitamin B1: 0.15mg (9.99%), Vitamin B2: 0.15mg (8.71%), Fiber: 2.13g (8.52%), Folate: 29.46µg (7.36%), Vitamin A: 274.03IU (5.48%), Zinc: 0.75mg (4.99%), Calcium: 46.21mg (4.62%), Copper: 0.09mg (4.47%), Manganese: 0.08mg (4.14%), Iron: 0.69mg (3.85%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 3.69µg (3.52%)