



Stuffed Chicken Breasts with Sweet-and-Sour Tomato Sauce



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 6 skinned and boned chicken breast halves
- ☐ 2 cups chicken broth
- ☐ 1 cup country ham cooked chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves chopped

- ☐ 1 mcintosh apples chopped
- ☐ 4 tablespoons olive oil divided
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon saffron threads
- ☐ 1 teaspoon salt
- ☐ 6 servings garnishes: thyme and basil sprigs fresh
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup walnuts chopped

Equipment

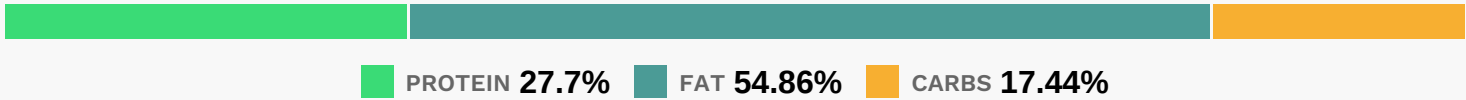
- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Saute onion in 2 tablespoons hot olive oil in a large nonstick skillet over medium-high heat 8 to 10 minutes or until tender.
- ☐ Add walnuts and garlic; cook, stirring constantly, 2 minutes. Stir in tomato paste, and cook, stirring often, 5 minutes.
- ☐ Add brown sugar and next 5 ingredients. Reduce heat, and simmer, stirring often, 30 minutes or until thickened; cool slightly.
- ☐ Pulse mixture in a blender or food processor 3 or 4 times or until smooth; keep warm.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Toss together apple, ham, and thyme. Spoon 1 heaping tablespoon of apple mixture onto each chicken breast; roll up, securing with wooden picks.

- ☐ Heat remaining 2 tablespoons olive oil in a large nonstick skillet over medium heat; add chicken, and cook 2 minutes on each side. Reduce heat; cover and cook 7 to 10 minutes or until done.
- ☐ Drizzle with sauce.
- ☐ Garnish, if desired.
- ☐ Prep: 20 min., Cook: 1 hr.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:20.464782792589%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 472.53kcal (23.63%), Fat: 29.17g (44.88%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 18.17g (6.61%), Sugar: 15.64g (17.37%), Cholesterol: 88.35mg (29.45%), Sodium: 1135.07mg (49.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.29%), Vitamin B3: 13.47mg (67.33%), Selenium: 43.33µg (61.9%), Vitamin B6: 1.1mg (54.95%), Manganese: 0.85mg (42.39%), Phosphorus: 374.6mg (37.46%), Copper: 0.42mg (21.19%), Vitamin B1: 0.31mg (20.8%), Potassium: 727.25mg (20.78%), Vitamin B5: 1.9mg (19.01%), Magnesium: 75.13mg (18.78%), Vitamin B2: 0.27mg (15.7%), Vitamin E: 2.1mg (14%), Zinc: 1.97mg (13.13%), Fiber: 2.7g (10.81%), Iron: 1.93mg (10.71%), Vitamin C: 7.49mg (9.08%), Vitamin K: 7.98µg (7.6%), Folate: 28.85µg (7.21%), Vitamin B12: 0.39µg (6.52%), Calcium: 54.72mg (5.47%), Vitamin A: 201.71IU (4.03%), Vitamin D: 0.28µg (1.84%)