



Stuffed Chicken Leg

READY IN



80 min.

SERVINGS



8

CALORIES



444 kcal

SIDE DISH

Ingredients

- 8 skin-on chicken legs bone-in
- 1 cup italian* five cheese blend shredded kraft finely
- 2 Tbsp olive oil
- 1 medium onion finely chopped
- 6 oz stove top herb seasoned stuffing mix
- 0.8 cup water
- 2 cups zucchini shredded (2 medium zucchini)

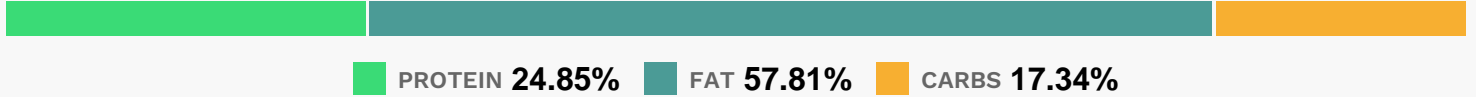
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400F.
- Heat oil in large skillet on medium heat.
- Add zucchini and onion; cook and stir 5 minutes or until onion is tender.
- Remove from heat. Stir in water, stuffing mix and cheese until well blended. Cover and set aside.
- Insert your fingers carefully between the meat and skin of each chicken leg to form a pocket. Fill pockets evenly with the stuffing mixture.
- Place, filled sides up, in shallow baking pan.
- Bake 45 to 50 minutes or until chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:13.500869621401%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 444.4kcal (22.22%), Fat: 28.38g (43.67%), Saturated Fat: 6.88g (42.99%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 17.93g (6.52%), Sugar: 3.12g (3.46%), Cholesterol: 122.82mg (40.94%), Sodium: 437.75mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.91%), Selenium: 33.52µg (47.89%), Vitamin B3: 7.48mg (37.39%), Vitamin B6: 0.51mg (25.45%), Phosphorus: 245.42mg (24.54%), Vitamin B2: 0.3mg (17.67%), Vitamin B1: 0.24mg (16.07%), Zinc: 2.22mg (14.77%), Vitamin B5: 1.45mg (14.45%), Folate: 50.93µg (12.73%), Vitamin B12: 0.73µg (12.09%), Potassium: 414.83mg (11.85%), Manganese: 0.22mg (10.98%), Iron: 1.86mg (10.35%), Magnesium: 40.16mg (10.04%), Vitamin C: 6.82mg (8.27%), Copper: 0.15mg (7.28%), Calcium: 69.04mg (6.9%),

Vitamin K: 6.69 μ g (6.37%), Vitamin E: 0.91mg (6.05%), Fiber: 1.22g (4.9%), Vitamin A: 181.21IU (3.62%)