



Stuffed Chicken (Mashed Potatoes)

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 16 ounces baking potatoes chunk peeled cut into 1-inch
- ☐ 4 tablespoons butter
- ☐ 4 chicken breast halves bone-in
- ☐ 2 tablespoons freshly flat-leaf parsley chopped
- ☐ 1 lemon zest juiced
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 servings salt and pepper black freshly ground

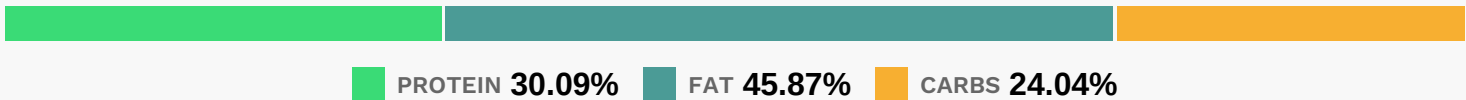
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a medium saucepan, add the potatoes and enough cold water to cover, and bring to a boil. Lower the heat and simmer until the potatoes are fork-tender, about 15 minutes.
- ☐ Drain, then return the potatoes to the pot.
- ☐ Add the milk, 2 tablespoons of butter and lemon zest and mash until smooth. Season with salt and pepper.
- ☐ Transfer the potatoes to a work surface, flatten into an even round and cut into quarters.
- ☐ Run your fingers under the skin of each chicken breast to separate it from the meat.
- ☐ Place 1/4 of the potatoes under the skin of each breast, gently pressing to evenly distribute.
- ☐ Place the stuffed chicken in a roasting pan, drizzle with the olive oil and season with salt and pepper.
- ☐ Bake until tender and the juices run clear, about 40 minutes.
- ☐ Transfer the chicken to a platter. Stir the lemon juice, parsley and remaining 2 tablespoons butter into the pan juices, scraping up any browned bits from the bottom. Spoon the sauce over the chicken and serve.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:10.95, Inflammation Score:-4, Nutrition Score:12.376521887987%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 240.45kcal (12.02%), Fat: 12.26g (18.86%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 13.29g (4.83%), Sugar: 1.02g (1.13%), Cholesterol: 69.5mg (23.17%), Sodium: 155.92mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.09g (36.18%), Vitamin B3: 8.68mg (43.38%), Vitamin B6: 0.83mg (41.74%), Selenium: 24.71µg (35.3%), Vitamin K: 25.63µg (24.41%), Phosphorus: 213.34mg (21.33%), Potassium: 621.81mg (17.77%), Vitamin B5: 1.36mg (13.59%), Vitamin C: 8.28mg (10.03%), Magnesium: 39.37mg (9.84%), Vitamin B1: 0.12mg (7.88%), Vitamin A: 386.43IU (7.73%), Manganese: 0.15mg (7.26%), Vitamin B2: 0.12mg (7.05%), Iron: 1.04mg (5.8%), Copper: 0.1mg (5.13%), Zinc: 0.72mg (4.83%), Vitamin E: 0.72mg (4.81%), Fiber: 1.16g (4.63%), Folate: 16.05µg (4.01%), Vitamin B12: 0.22µg (3.69%), Calcium: 31.99mg (3.2%), Vitamin D: 0.19µg (1.25%)