



Stuffed chicken with lemon, capers & chilli

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



528 kcal

SIDE DISH

Ingredients

- ☐ 2 large chicken breast with skin on
- ☐ 4 tbsp ricotta cheese
- ☐ 1 lemon zest
- ☐ 2 tbsp parmesan grated
- ☐ 1 tsp caper
- ☐ 1 tsp pepper crushed
- ☐ 2 tbsp olive oil
- ☐ 2 garlic clove chopped

- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 small handful parsley
- ☐ 2 servings potatoes boiled mashed

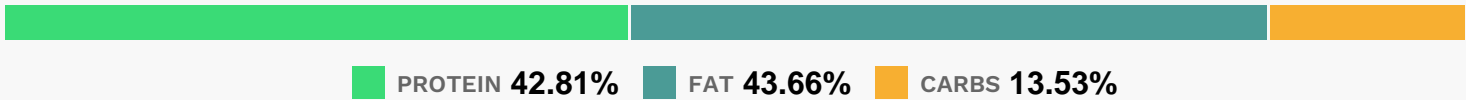
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cut a slit in the side of each chicken breast, then use your finger to make a pocket. In a small bowl, mix together the ricotta, half the lemon zest, Parmesan, capers, chilli flakes and some seasoning. Push the mixture into the pockets, then secure each opening with a toothpick.
- ☐ Put the chicken in an ovenproof dish, drizzle over 1 tbsp of the oil and season.
- ☐ Bake for 15–20 mins until cooked through.
- ☐ Meanwhile, make the sauce.
- ☐ Heat the remaining oil in a saucepan, add the garlic and cook for 2 mins until golden.
- ☐ Add the tomatoes, season and simmer for 10 mins more until thickened. Spoon onto 2 plates, top with the chicken and scatter over the parsley and remaining zest.
- ☐ Serve with potatoes, if you like.

Nutrition Facts



Properties

Glycemic Index:118.88, Glycemic Load:4.81, Inflammation Score:-8, Nutrition Score:35.339130370513%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 527.62kcal (26.38%), Fat: 25.79g (39.68%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 13.32g (4.85%), Sugar: 9.18g (10.2%), Cholesterol: 163.34mg (54.45%), Sodium: 677.7mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.9g (113.8%), Vitamin B3: 26.25mg (131.26%), Selenium: 79.66µg (113.8%), Vitamin B6: 2.08mg (103.92%), Phosphorus: 630.48mg (63.05%), Vitamin K: 54.07µg (51.49%), Potassium: 1510.46mg (43.16%), Vitamin B5: 3.91mg (39.11%), Vitamin E: 5.4mg (36.03%), Vitamin C: 28.83mg (34.94%), Magnesium: 108.51mg (27.13%), Vitamin B2: 0.42mg (24.93%), Manganese: 0.48mg (23.77%), Copper: 0.46mg (23.22%), Vitamin A: 1138.5IU (22.77%), Iron: 4.07mg (22.59%), Calcium: 216.77mg (21.68%), Vitamin B1: 0.31mg (20.9%), Fiber: 4.65g (18.6%), Zinc: 2.45mg (16.33%), Folate: 43.18µg (10.8%), Vitamin B12: 0.61µg (10.23%), Vitamin D: 0.31µg (2.07%)