



Stuffed Chicken with Pastry Crust

READY IN



80 min.

SERVINGS



3

CALORIES



852 kcal

SIDE DISH

Ingredients

- ☐ 1 cup processed cheese food shredded white divided
- ☐ 6 tablespoons butter cold
- ☐ 3 tablespoons basil dried
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 teaspoons garlic powder
- ☐ 3 pinches garlic salt
- ☐ 0.5 teaspoon salt
- ☐ 3 chicken breast halves boneless skinless

- ☐ 2.5 cups spinach leaves fresh divided
- ☐ 0.3 cup water as needed

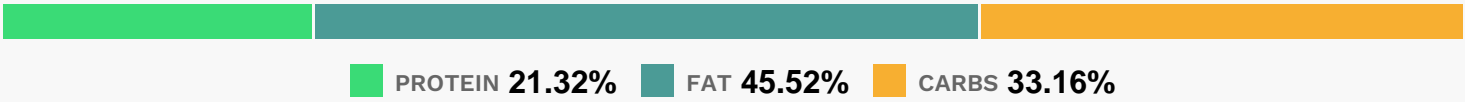
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Cut the butter into 1/4-inch thick slices; combine in the bowl of a food processor with the flour and salt. Pulse until the mixture resembles coarse crumbs; drizzle in water with the machine running, 1 tablespoon at a time, until the dough resembles lumpy oatmeal. Gather the dough into a ball, cover with plastic wrap, and refrigerate for at least 30 minutes.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- ☐ Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of 1/2 inch.
- ☐ Spread each chicken breast with a third of the cheese and spinach, and fold each chicken breast in half.
- ☐ Sprinkle each chicken breast with 1 tablespoon of basil, 1 teaspoon of garlic powder, and a pinch of garlic salt.
- ☐ On a well-floured work surface, roll the dough ball out into a rectangle about 1/8-inch thick and cut into 3 equal-size pieces. Wrap each folded chicken breast in pastry and pinch the edges together to enclose the chicken in the pastry dough.
- ☐ Place the wrapped chicken breasts onto the prepared baking sheet, brush each pastry package with beaten egg, and bake until the chicken is no longer pink inside and the crust is golden brown, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:46.69, Inflammation Score:-10, Nutrition Score:43.494782489279%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 852.02kcal (42.6%), Fat: 42.96g (66.1%), Saturated Fat: 24.16g (150.98%), Carbohydrates: 70.44g (23.48%), Net Carbohydrates: 65.86g (23.95%), Sugar: 1.6g (1.77%), Cholesterol: 233.75mg (77.92%), Sodium: 1914.48mg (83.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.28g (90.55%), Vitamin K: 193.04µg (183.84%), Selenium: 79.71µg (113.87%), Vitamin B3: 17.17mg (85.83%), Vitamin A: 3627.83IU (72.56%), Phosphorus: 697.82mg (69.78%), Calcium: 638.74mg (63.87%), Manganese: 1.26mg (62.81%), Folate: 230.8µg (57.7%), Vitamin B6: 1.09mg (54.3%), Vitamin B1: 0.78mg (51.77%), Iron: 9.29mg (51.59%), Vitamin B2: 0.81mg (47.64%), Magnesium: 112.95mg (28.24%), Potassium: 876.48mg (25.04%), Vitamin B5: 2.49mg (24.91%), Zinc: 3.13mg (20.84%), Vitamin B12: 1.1µg (18.4%), Fiber: 4.58g (18.31%), Copper: 0.32mg (15.99%), Vitamin E: 2.4mg (15.98%), Vitamin C: 8.45mg (10.24%), Vitamin D: 0.69µg (4.58%)