



Stuffed Chicken with Rosemary Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



680 kcal

SIDE DISH

Ingredients

- ☐ 5 ounces baby spinach
- ☐ 2 tablespoons butter cubed
- ☐ 4 slices fontina italian (4 oz. total)
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1.8 teaspoons kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 ounces mushrooms sliced

- ☐ 3 tablespoons olive oil divided
- ☐ 1 cup polenta
- ☐ 0.5 onion yellow sliced
- ☐ 32 oz boned

Equipment

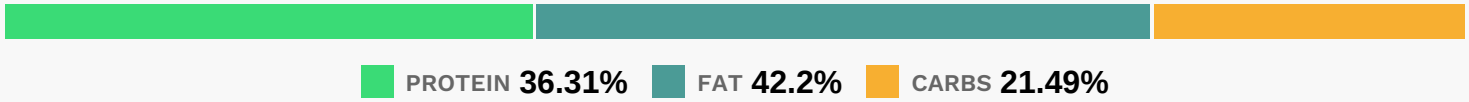
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Preheat oven to 40
- ☐ Heat 1 tbsp. oil in a large ovenproof frying pan over high heat.
- ☐ Add onion, mushrooms, and garlic and cook, stirring, until softened and starting to brown, 4 minutes.
- ☐ Add lemon juice, spinach, and 1/4 tsp. salt; cook until slightly wilted, 4 minutes.
- ☐ Transfer to a small bowl.
- ☐ Bring 4 cups water and 1/2 tsp. salt to a boil. Cover; turn off heat. Meanwhile, cut chicken breast from the side, stopping halfway through; unfold to lay flat.
- ☐ Place each between 2 pieces plastic wrap and, with a mallet or small saucepan, pound until 1/4 to 1/2 in. thick.
- ☐ In frying pan, cook chicken in 2 batches, 1 tbsp. oil per batch, until brown on 1 side.
- ☐ Sprinkle each with 1/4 tsp. salt and transfer, uncooked side up, to a cutting board. Scoop 1/4 cup spinach mixture onto half of each breast, then top with a cheese slice. Fold chicken over filling like a taco shell; press to close.
- ☐ Return chicken to pan (with juices) and bake until cooked through and cheese is melted, 10 minutes.

- ☐
- Let sit 5 minutes.
- ☐
- Meanwhile, return water to a boil.
- ☐
- Add polenta and cook, stirring constantly, until softened, 10 minutes. Stir in butter and rosemary. Divide polenta among 4 plates and top each with a chicken breast. Spoon broth over chicken.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:37.520869369092%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 679.85kcal (33.99%), Fat: 31.5g (48.46%), Saturated Fat: 11.82g (73.85%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 34.12g (12.41%), Sugar: 2.09g (2.32%), Cholesterol: 192.68mg (64.23%), Sodium: 1580.24mg (68.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.98g (121.96%), Vitamin K: 179.34µg (170.8%), Vitamin B3: 25.48mg (127.41%), Selenium: 86.63µg (123.76%), Vitamin B6: 1.91mg (95.34%), Vitamin A: 3908.62IU (78.17%), Phosphorus: 651.06mg (65.11%), Vitamin B5: 4.03mg (40.27%), Potassium: 1228.69mg (35.11%), Vitamin B2: 0.49mg (28.72%), Magnesium: 106.17mg (26.54%), Folate: 89.96µg (22.49%), Manganese: 0.45mg (22.26%), Calcium: 209.39mg (20.94%), Vitamin E: 2.91mg (19.41%), Vitamin C: 15.99mg (19.38%), Zinc: 2.84mg (18.91%), Vitamin B1: 0.26mg (17.49%), Vitamin B12: 0.95µg (15.79%), Iron: 2.52mg (14%), Copper: 0.24mg (12.17%), Fiber: 1.97g (7.87%), Vitamin D: 0.45µg (3.01%)