



Stuffed Herbed Chicken with Boursin Cheese

 Popular

READY IN



45 min.

SERVINGS



2

CALORIES



623 kcal

SIDE DISH

Ingredients

- ☐ 2 chicken breasts boneless skinless
- ☐ 1 leaves basil fresh green to cover each chicken breast (or other – beet , swiss chard, spinach)
- ☐ 2 Tbsp walnuts toasted finely chopped
- ☐ 2.5 oz boursin garlic and herb cheese room temperature
- ☐ 0.3 cup breadcrumbs
- ☐ 3 Tbsp parmesan cheese grated
- ☐ 1 eggs beaten well
- ☐ 2 servings salt

- ☐ 2 servings bell pepper
- ☐ 2.5 oz cream cheese softened
- ☐ 1 garlic clove minced
- ☐ 3 teaspoons parsley fresh minced
- ☐ 3 teaspoons chives fresh minced
- ☐ 1 pinch cayenne
- ☐ 0.3 teaspoon freshly cracked peppercorns black
- ☐ 1 pinch salt

Equipment

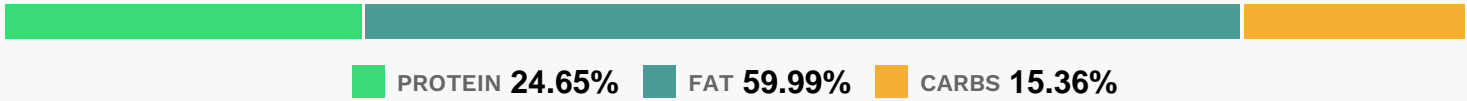
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Pound the chicken breasts to 1/4 inch thickness: Preheat oven to 350°F. Put each chicken breast between two layers of plastic wrap, on a chopping board, and use a meat mallet to pound until 1/4-inch thick.
- ☐ Blanch the basil: Dip each basil (or other bitter green) leaf in boiling water, drain and set aside.
- ☐ Mix walnuts into Boursin or cheese mixture: If you are not starting with Boursin herbed cheese, make your own by mixing together the Herbed Cheese ingredients mentioned above.
- ☐ Mix the walnuts into the cheese mixture, set aside.
- ☐ Layer chicken with cheese and basil, roll up:
- ☐ Lay the chicken breasts flat, season each side with salt and pepper.
- ☐ Spread the cheese-walnut mixture over each breast, covering the surface of the breasts.
- ☐ Layer on the basil leaves. Starting at the shortest end of the chicken breast, roll up as tightly as possible and tuck in the ends to form a neat roll. Secure each breast with 2 toothpicks.

- ☐
- Dredge in flour, egg, and breadcrumbs: Put flour, beaten egg, and breadcrumbs combined with the Parmesan cheese on to 3 separate flat dishes. Dredge each chicken breast roll first in the flour, then the egg, and finally the Parmesan bread crumbs. (Skip this step if you are going low carb and/or gluten-free.)
- ☐
- Transfer chicken breasts to a greased baking dish, seam side down.
- ☐
- Bake at 350°F for 40–50 minutes, depending on the size of the breast, until the internal temperature is 165°F, the juices run clear, and the chicken is slightly browned.
- ☐
- Let rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:31.108695672906%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 623.24kcal (31.16%), Fat: 41.73g (64.19%), Saturated Fat: 20.31g (126.96%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 20.76g (7.55%), Sugar: 7.2g (8%), Cholesterol: 233.45mg (77.82%), Sodium: 973.99mg (42.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.16%), Vitamin C: 98.43mg (119.31%), Selenium: 54.11µg (77.29%), Vitamin A: 3496.53IU (69.93%), Vitamin B3: 13.96mg (69.8%), Vitamin B6: 1.23mg (61.47%), Phosphorus: 455.32mg (45.53%), Manganese: 0.73mg (36.32%), Vitamin B2: 0.48mg (28.07%), Vitamin B5: 2.6mg (25.96%), Vitamin B1: 0.35mg (23%), Potassium: 767.11mg (21.92%), Folate: 83.84µg (20.96%), Calcium: 197.98mg (19.8%), Magnesium: 72.55mg (18.14%), Zinc: 2.24mg (14.91%), Copper: 0.29mg (14.41%), Vitamin E: 2.08mg (13.85%), Iron: 2.48mg (13.76%), Fiber: 3.27g (13.08%), Vitamin K: 12.89µg (12.28%), Vitamin B12: 0.67µg (11.08%), Vitamin D: 0.59µg (3.94%)