



Tomato-Cream Stuffed Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



704 kcal

SIDE DISH

Ingredients

- 0.3 cup butter cubed
- 32 ounces chicken breast halves bone-in
- 0.8 cup chicken broth
- 0.5 cup cream cheese softened
- 6 basil fresh thinly sliced
- 3 garlic clove minced
- 0.8 cup cup heavy whipping cream
- 0.3 cup sun-dried olives chopped

- 1 tablespoon olive oil
- 0.5 cup part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 3 teaspoons shallots chopped
- 0.5 cup pkt spinach fresh chopped

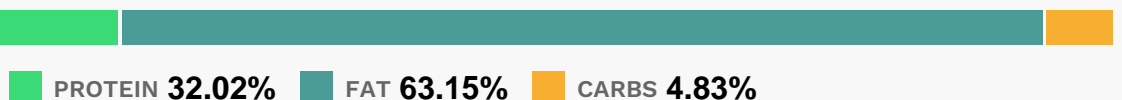
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 400°. In a small bowl, combine first five ingredients. Carefully loosen the skin on one side of each chicken breast to form a pocket; spread cheese mixture under the skin.
- Sprinkle with salt and pepper. In a large skillet, brown chicken on both sides in butter and oil.
- Transfer to an ungreased 13x9-in. baking dish.
- Bake, uncovered, 20–25 minutes or until a thermometer reads 170°.
- Meanwhile, in a small saucepan, combine wine, tomatoes, shallot, garlic and basil. Bring to a boil over medium–high heat; cook until reduced by half.
- Add cream and butter. Bring to a boil. Reduce heat; simmer, uncovered, until thickened, stirring occasionally.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:29.56391297216%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 703.94kcal (35.2%), Fat: 49.31g (75.86%), Saturated Fat: 26.51g (165.71%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.42g (2.7%), Sugar: 5.47g (6.08%), Cholesterol: 264.58mg (88.19%), Sodium: 861.93mg (37.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.25g (112.5%), Vitamin B3: 24.5mg (122.51%), Selenium: 79.45µg (113.5%), Vitamin B6: 1.8mg (90.25%), Phosphorus: 633.69mg (63.37%), Vitamin A: 1972.19IU (39.44%), Vitamin B5: 3.7mg (37.05%), Potassium: 1216.36mg (34.75%), Vitamin B2: 0.49mg (29.02%), Vitamin K: 29.62µg (28.2%), Magnesium: 86.37mg (21.59%), Calcium: 200.61mg (20.06%), Zinc: 2.19mg (14.6%), Vitamin B1: 0.22mg (14.54%), Manganese: 0.28mg (14.25%), Vitamin E: 2.04mg (13.61%), Vitamin B12: 0.74µg (12.25%), Iron: 1.81mg (10.08%), Copper: 0.2mg (9.8%), Vitamin C: 7.67mg (9.29%), Folate: 28.05µg (7.01%), Vitamin D: 0.98µg (6.55%), Fiber: 1.06g (4.26%)