

Microwave Stuffed Chicken Breasts

4 organic chicken breasts, skinned and boned
3 ounces low fat cheddar cheese, grated
1/2 of 4-ounce can green chilies, chopped
olive oil spray
1 cup almond Nut-Thins (nut and rice cracker snacks), crushed
1 teaspoon paprika

Flatten chicken pieces. Place a portion of cheese and chilies at one end of each chicken piece, dividing evenly. Roll up each piece, tucking in ends to completely enclose filling. Fasten rolls with toothpicks. Mix crackers and paprika. Spray each roll with olive oil spray; then roll in crushed cracker mixture. Place in a 8" round baking dish; cover. Cook on HIGH power 6 1/2 - 10 minutes, rotating dish every 4 minutes.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

olive oil spray

Amount Per Serving	
Calories	305.92
Calories From Fat (25%)	77.06
% Daily Value	
Total Fat 8.83g	14%
Saturated Fat 2.25g	11%
Cholesterol 72.91mg	24%
Sodium 415.17mg	17%
Potassium 394.32mg	11%
Carbohydrates 21.10g	7%
Dietary Fiber 1.07g	4%
Sugar 2.77g	
Sugar Alcohols 0.00g	
Net Carbohydrates 20.04g	
Protein 34.98g	70%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 organic chicken breasts, skinned and boned	4 x 1/2 breast, bone and skin removed of Chicken, broilers or fryers, breast, meat only, raw
3 ounces low fat cheddar cheese, grated	3 x 1 oz of Cheese, low fat, cheddar or colby
1/2 of 4-ounce can green chilies, chopped	2 x 1 tablespoon of Tomatoes, red, ripe, canned, with green chilies
olive oil spray	Not linked
1 cup almond Nut-Thins (nut and rice cracker snacks), crushed	4 x 1 serving of NABISCO, NABISCO WHEAT THINS Crackers, baked
1 teaspoon paprika	1 x 1 teaspoon of Spices, paprika

Cooking Tips

Substitute blanched asparagus spears for the green chilies for a variation to this speedy main dish.

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