

Keto Stuffed Chicken Breast

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Servings: 4

Ingredients:

- 4 chicken breasts
- 1/4 teaspoon of Salt
- 1/4 teaspoon of pepper
- 1 teaspoon each of dried oregano
- 1 teaspoon of dried basil
- 2 roma tomatoes , sliced thinly
- 1/4 cup sun dried tomato strips in oil
- Fresh mozzarella thinly sliced (8)
- 12 basil leaves , divided
- 1 teaspoon of minced garlic
- 1/3 cup balsamic vinegar
- 2 tablespoons brown sweetener (or 2 tbsp powdered white sweetener with 1/4 tsp molasses)

Directions:

1. Preheat oven to 350F
2. Wash and dry chicken
3. Slice open on the thickest side of each breast, do not cut all the way.
4. Season chicken with salt, pepper, and dried herbs. Pour 1 teaspoon of sun dried tomato oil over each breast, rubbing some of the seasoning inside the pockets.
5. Fill each with 2 slices fresh tomato, 2 teaspoons sun dried tomato strips, add mozzarella cheese and basil leaves.
6. Seal with 3-4 toothpicks
7. Heat 2 teaspoons of olive oil in a skillet or non stick pan over medium-high heat.
8. Add the chicken and fry for 2 minutes on each side until golden.
9. While the chicken is cooking, mix together the garlic, balsamic vinegar and brown sweetener in a bowl. Pour the mixture into the pan around the chicken; bring to a simmer while stirring occasionally, until the glaze has slightly thickened
10. Continue to cook for a further 10-15 minutes in the oven or until the chicken is fully cooked

Nutrition:

Nutrition per serving:

- 4g Net Carbs
- 0g Fiber
- 5g Total Carbs
- 38g Protein
- 6g Fat

- 231 Calories