



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Chicken Peek-a-Boos <sup>♦</sup>

Chicken Peek-a-Boos is a delicious and flavorful chicken dish that is perfect for any occasion. The chicken is stuffed with a savory filling and baked to perfection. It can be served as a main dish with a side of vegetables or as an appetizer for parties and gatherings. The recipe has a rich history and is loved by people of all ages.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

500 g	Chicken Breasts
100 g	spinach
100 g	feta cheese
50 g	sun-dried tomatoes

2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper

## Directions

---

### Step 1

Oven

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Stove

In a pan, heat olive oil over medium heat. Add garlic and sauté until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

Stove

Add spinach and cook until wilted. Remove from heat and let cool.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

Mixing

In a bowl, combine feta cheese and sun-dried tomatoes. Add the cooled spinach mixture and mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 5

Cut

Cut a pocket in each chicken breast and stuff with the spinach and cheese mixture. Season with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 6

Baking

Place the stuffed chicken breasts in a baking dish and bake for 30-35 minutes, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

## Step 7

Resting

Remove from the oven and let rest for 5 minutes before serving. Enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 5 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	75 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

**Seasonality**

Fall

**Kitchen Tools**

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Side Dishes

Salads

Snacks

## Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Easter

## Cost

Under \$10

\$20 to \$30

\$40 to \$50

## Demographics

Kids Friendly

Teen Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)