

# Spinach Stuffed Chicken Breast

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spreadable-swiss-cheese-recipe>

## Ingredients:

- 10 ounces baby spinach fresh
- 1/2 cup sour cream I used light
- 1/2 cup shredded cheese mozzarella or Monterrey jack
- 2 cloves garlic minced
- 4 boneless chicken breasts pounded to 1/4" thickness
- salt
- pepper

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 105 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 8 grams
8. Sodium: 500 milligrams
9. Sugar: 1 grams

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