



Abby's Chicken Rollatini

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch pepper black
- ☐ 4 teaspoons butter
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 4 ounces pancetta thinly sliced
- ☐ 10 ounces milk mozzarella cheese whole sliced
- ☐ 6 chicken breast halves boneless skinless

☐ 0.3 cup white wine

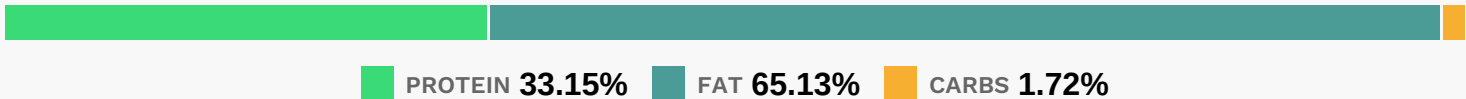
Equipment

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Pound chicken breasts flat, and lay them on work surface.
- ☐ Sprinkle liberally with Parmesan cheese on both sides.
- ☐ Place a pinch of minced garlic and 1 teaspoon butter in the center of each breast. Cover each breast with a layer of prosciutto and mozzarella cheese. Reserve some of the prosciutto to place on top of the chicken.
- ☐ Roll up each chicken breast, and secure with toothpicks.
- ☐ In a 9x13 inch baking dish, combine white wine and olive oil. Arrange chicken rolls in dish.
- ☐ Place a small piece of prosciutto on top of each roll, and sprinkle with pepper.
- ☐ Bake in preheated oven for 30 minutes, or until chicken is no longer pink, an juices run clear.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:18.46130447527%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 497.23kcal (24.86%), Fat: 34.85g (53.61%), Saturated Fat: 13.69g (85.57%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.69g (0.76%), Cholesterol: 134.95mg (44.98%), Sodium: 708.32mg (30.8%), Alcohol: 1.37g (100%), Alcohol %: 0.81% (100%), Protein: 39.9g (79.8%), Selenium: 49.98µg (71.41%), Vitamin B3: 12.64mg (63.19%), Phosphorus: 493.6mg (49.36%), Vitamin B6: 0.93mg (46.74%), Calcium: 346.94mg (34.69%), Vitamin B12: 1.5µg (25.06%), Vitamin B5: 1.83mg (18.32%), Vitamin B2: 0.29mg (17.26%), Zinc: 2.51mg (16.75%), Potassium: 511.68mg (14.62%), Vitamin E: 1.78mg (11.85%), Magnesium: 46.32mg (11.58%), Vitamin A: 508.82IU (10.18%), Vitamin B1: 0.14mg (9.58%), Vitamin K: 7.19µg (6.85%), Iron: 0.87mg (4.83%), Manganese: 0.06mg (3.05%), Vitamin D: 0.42µg (2.8%), Copper: 0.05mg (2.43%), Folate: 8.66µg (2.17%), Vitamin C: 1.51mg (1.83%)