



Baked Chicken Roulade

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb asparagus spears fresh thin
- ☐ 5 oz baby spinach
- ☐ 5 tablespoons butter divided
- ☐ 2 tablespoons capers drained
- ☐ 1.5 lb skinned and boned chicken breasts
- ☐ 0.8 cup chicken broth
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped

- ☐ 4 garlic cloves divided minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 4 servings wooden picks
- ☐ 4 servings wooden picks

Equipment

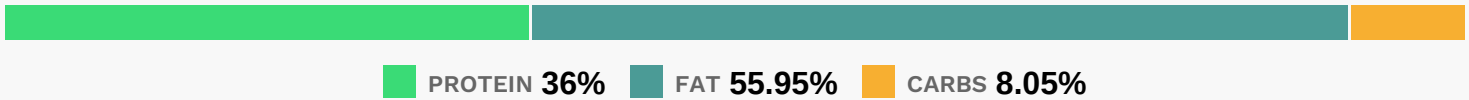
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 42
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using flat side of a meat mallet or rolling pin.
- ☐ Sprinkle chicken with pepper and salt.
- ☐ Saut spinach and 2 minced garlic cloves in 2 tsp. hot oil in a large ovenproof skillet over medium heat 1 minute or until spinach begins to wilt.
- ☐ Transfer spinach mixture to a plate. Wipe skillet clean.
- ☐ Spoon spinach mixture over each breast, leaving a 1/2-inch border around edges. Top with asparagus, and roll up, starting at 1 short side. Tuck in ends of chicken, and secure with wooden picks.

- ☐ Melt 3 Tbsp. butter with 2 Tbsp. olive oil in skillet over medium-high heat; add chicken. Cook 6 to 8 minutes, turning to brown on all sides.
- ☐ Transfer skillet to oven, and bake at 425 for 15 minutes.
- ☐ Transfer to a serving plate, and cover loosely with aluminum foil to keep warm.
- ☐ Melt remaining 2 Tbsp. butter in skillet over medium-high heat; add remaining garlic. Saut 1 to 2 minutes or until tender and fragrant.
- ☐ Whisk in flour; cook 1 minute.
- ☐ Add white wine; cook, stirring constantly, 1 minute.
- ☐ Whisk in chicken broth and lemon juice; cook 2 minutes or until thickened. Stir in parsley and capers; spoon sauce over chicken.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:36.44391310215%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 9.13mg, Kaempferol: 9.13mg, Kaempferol: 9.13mg, Kaempferol: 9.13mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 24.23mg, Quercetin: 24.23mg, Quercetin: 24.23mg, Quercetin: 24.23mg

Nutrients (% of daily need)

Calories: 452.41kcal (22.62%), Fat: 28.06g (43.17%), Saturated Fat: 11.3g (70.6%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 5.54g (2.02%), Sugar: 2.65g (2.95%), Cholesterol: 147.37mg (49.12%), Sodium: 761.96mg (33.13%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 40.62g (81.25%), Vitamin K: 259.6µg (247.24%), Vitamin B3: 19.41mg (97.03%), Vitamin A: 4845.16IU (96.9%), Selenium: 58.88µg (84.11%), Vitamin B6: 1.49mg (74.63%), Phosphorus: 449.52mg (44.95%), Folate: 142.89µg (35.72%), Manganese: 0.65mg (32.66%), Potassium: 1105.06mg (31.57%), Vitamin B5: 2.82mg (28.25%), Vitamin C: 22.6mg (27.4%), Vitamin E: 4.1mg (27.35%), Vitamin B2: 0.45mg (26.52%), Iron: 4.48mg (24.87%), Magnesium: 93.63mg (23.41%), Vitamin B1: 0.33mg (22.19%), Copper:

0.35mg (17.32%), Fiber: 3.54g (14.14%), Zinc: 1.93mg (12.86%), Calcium: 88.87mg (8.89%), Vitamin B12: 0.38µg (6.31%), Vitamin D: 0.17µg (1.13%)