



Brie Pecan Rollups with Raspberry Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound brie cheese
- ☐ 1 eggs beaten
- ☐ 2 cloves garlic crushed
- ☐ 1 cup green onion chopped
- ☐ 0.5 cup olive oil
- ☐ 2 cups pecans toasted finely chopped
- ☐ 2 cups raspberries fresh
- ☐ 6 servings salt and pepper to taste

- ☐ 6 chicken breast halves boneless skinless
- ☐ 0.3 cup water
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Pound the chicken to flatten. Soften Brie in microwave; in a medium bowl combine the Brie, green onion and garlic and mix together.
- ☐ Spread about 1/4 cup of this mixture onto each chicken breast half.
- ☐ Roll up and secure with toothpicks.
- ☐ Combine egg beat and water in a small bowl and whisk together to make egg wash.
- ☐ Place toasted pecans in a shallow dish or bowl. Dip each chicken roll in egg wash, then roll through the pecans, coating on all sides.
- ☐ Heat oil in a large skillet over medium high heat and cook chicken rolls for 15 minutes, turning to brown on each side. When browned, cook for an additional 15 minutes, until cooked through and chicken juices run clear.
- ☐ To Make Raspberry Sauce: Meanwhile, place raspberries, sugar and water in a blender. Blend for 3 to 4 minutes, then pour through a sieve to remove seeds.
- ☐ Remove cooked chicken rolls from skillet to paper towels to drain. When drained, transfer to a serving plate and drizzle with raspberry sauce.
- ☐ Drizzle some sauce onto the plate in a circle, and serve.

Nutrition Facts

 **PROTEIN 24.5%**  **FAT 64.71%**  **CARBS 10.79%**

Properties

Glycemic Index:32.52, Glycemic Load:6.96, Inflammation Score:-7, Nutrition Score:31.314347889112%

Flavonoids

Cyanidin: 21.85mg, Cyanidin: 21.85mg, Cyanidin: 21.85mg, Cyanidin: 21.85mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 2.93mg, Delphinidin: 2.93mg, Delphinidin: 2.93mg, Delphinidin: 2.93mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg, Epigallocatechin 3-gallate: 0.98mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 711.37kcal (35.57%), Fat: 52.25g (80.38%), Saturated Fat: 16.57g (103.59%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 13.37g (4.86%), Sugar: 12.16g (13.51%), Cholesterol: 175.2mg (58.4%), Sodium: 814.68mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.51g (89.03%), Manganese: 1.84mg (92.1%), Selenium: 51µg (72.86%), Vitamin B3: 12.8mg (63.99%), Vitamin B6: 1.15mg (57.52%), Phosphorus: 504.65mg (50.47%), Vitamin K: 42.95µg (40.9%), Vitamin B2: 0.61mg (36.1%), Zinc: 4.29mg (28.61%), Vitamin B5: 2.68mg (26.79%), Vitamin B12: 1.54µg (25.64%), Copper: 0.5mg (25.06%), Fiber: 6.22g (24.89%), Vitamin B1: 0.37mg (24.66%), Magnesium: 97.8mg (24.45%), Potassium: 789.08mg (22.55%), Folate: 83.46µg (20.87%), Calcium: 196.3mg (19.63%), Vitamin C: 15.64mg (18.96%), Vitamin A: 718.98IU (14.38%), Iron: 2.33mg (12.92%), Vitamin E: 1.89mg (12.63%), Vitamin D: 0.64µg (4.25%)