



Cheesy Chicken Bundles



Gluten Free

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READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.5 cup cheese-flavored crackers crushed parmesan® (such as Cheez-It DuoZ Sharp Cheddar and)
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 8 ounce cream cheese
- ☐ 1 eggs
- ☐ 6 tablespoons parmesan cheese grated
- ☐ 1.3 cups cheddar cheese shredded divided
- ☐ 4 chicken breast halves boneless skinless

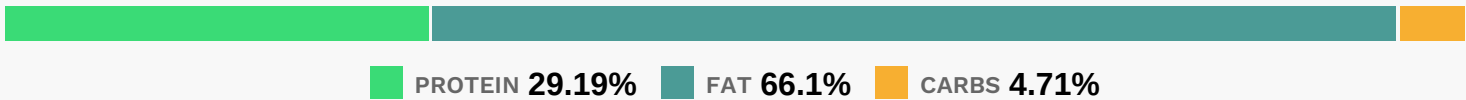
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x12-inch baking dish.
- ☐ Place a chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of 1/4 inch. Repeat with the other chicken breasts.
- ☐ Melt the butter in a small skillet, and cook the mushrooms until they begin to brown, about 8 minutes. Set aside. Beat egg in a shallow bowl.
- ☐ Place the cracker crumbs in another shallow bowl.
- ☐ In a bowl, mix together the mushrooms, cream cheese, 1 cup of Cheddar cheese, and Parmesan cheese; spread the mixture generously over the chicken.
- ☐ Roll the chicken breasts up, dip each into beaten egg, and roll the bundles in cracker crumbs.
- ☐ Place into the prepared baking dish.
- ☐ Sprinkle the bundles with the remaining 1/4 cup of Cheddar cheese.
- ☐ Bake in the preheated oven until the chicken is cooked through, the filling has melted, and the crumbs are golden brown, about 30 minutes. An instant-read thermometer inserted into the center of a roll should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:22.661304385766%

Nutrients (% of daily need)

Calories: 593.21kcal (29.66%), Fat: 43.49g (66.91%), Saturated Fat: 23.75g (148.42%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 6.2g (2.26%), Sugar: 3.09g (3.43%), Cholesterol: 229.16mg (76.39%), Sodium: 922.89mg (40.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.21g (86.42%), Selenium: 62.35µg (89.07%), Vitamin B3: 12.39mg (61.93%), Phosphorus: 615.07mg (61.51%), Calcium: 486.44mg (48.64%), Vitamin B6: 0.96mg (47.83%), Vitamin B2: 0.54mg (32.04%), Vitamin A: 1446.24IU (28.92%), Vitamin B5: 2.59mg (25.91%), Zinc: 3.45mg (23%), Vitamin B12: 1.08µg (17.93%), Potassium: 601.43mg (17.18%), Magnesium: 56.58mg (14.15%), Vitamin B1: 0.13mg (8.89%), Vitamin E: 1.26mg (8.39%), Folate: 29.49µg (7.37%), Copper: 0.14mg (7.14%), Iron: 1.04mg (5.77%), Vitamin D: 0.73µg (4.87%), Manganese: 0.06mg (3.25%), Fiber: 0.77g (3.06%), Vitamin K: 2.85µg (2.72%), Vitamin C: 1.36mg (1.64%)