



Chicken A La Impress Me

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup carrots julienned
- 0.8 cup gruyère cheese shredded
- 6 chicken breasts boneless skinless
- 12 slices ham smoked
- 1 tablespoon vegetable oil
- 0.3 cup zucchini julienned

Equipment

- frying pan

- oven
- baking pan
- toothpicks
- wax paper
- meat tenderizer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken breasts between two sheets of wax paper or plastic wrapping, and pound with a meat mallet to flatten.
- Cover each flattened breast with a slice or two of ham.
- Place 2 tablespoons cheese and a bit of carrot and a zucchini on the end of each chicken breast.
- Roll up each breast, and fasten with toothpicks.
- In a large skillet, heat a small amount of oil over medium high heat. Cook chicken breasts in hot oil for 2 to 3 minutes to lightly brown.
- Place browned rolls in a lightly greased 9x13 inch baking dish.
- Bake in the preheated oven for 20 to 25 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts

 **PROTEIN 56.32%**  **FAT 42.47%**  **CARBS 1.21%**

Properties

Glycemic Index:10.31, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:15.508695636107%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 261.65kcal (13.08%), Fat: 12.06g (18.56%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.48g (0.54%), Cholesterol: 110.63mg (36.88%), Sodium: 762.86mg (33.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.98%), Vitamin B3: 11.88mg (59.4%), Selenium: 38.57µg (55.1%), Phosphorus: 438.82mg (43.88%), Vitamin B6: 0.88mg (43.78%), Vitamin A: 1091.64IU (21.83%), Calcium: 179.09mg (17.91%), Vitamin B5: 1.73mg (17.28%), Potassium: 574.58mg (16.42%), Zinc: 2.09mg (13.92%), Magnesium: 49.91mg (12.48%), Vitamin B2: 0.17mg (9.82%), Vitamin B12: 0.49µg (8.17%), Copper: 0.14mg (7.09%), Vitamin B1: 0.09mg (5.87%), Iron: 1.03mg (5.71%), Vitamin K: 5.77µg (5.49%), Vitamin E: 0.49mg (3.25%), Vitamin C: 2.6mg (3.15%), Folate: 8.42µg (2.11%), Manganese: 0.04mg (1.83%), Vitamin D: 0.21µg (1.41%)