



 **21%**
HEALTH SCORE

Chicken Amore

 **Gluten Free**

READY IN



65 min.

SERVINGS



2

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 10 ounce chicken breast raw boneless skinless lean
- 6 large leaves basil fresh plus more, for garnish
- 6 large leaves basil fresh plus more, for garnish
- 0.1 teaspoon garlic powder
- 0.1 teaspoon seasoning italian
- 1 large portabello mushrooms sliced
- 0.3 cup roasted peppers red jarred sliced

- 0.1 teaspoon salt
- 0.3 cup cream fat-free sour
- 2 swiss cheese light room temperature (recommended: The Laughing Cow)
- 0.5 cup all natural tomato soup with 4g fat or less per serving (recommended: amy's chunky tomato bisque)

Equipment

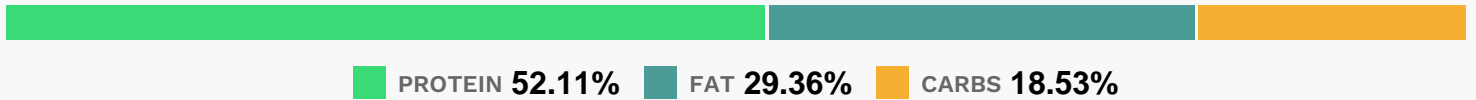
- bowl
- frying pan
- oven
- baking pan
- toothpicks
- aluminum foil
- stove
- microwave

Directions

- Preheat the oven to 350 degrees F.
- Bring a skillet sprayed with nonstick spray to medium-high heat on the stove.
- Add mushroom slices and cook them until softened, about 6 minutes, flipping the slices about halfway through cooking.
- Remove them from heat and set aside to cool.
- Season chicken cutlets with salt, black pepper, and garlic powder.
- Lay the cutlets flat, side by side.
- Spread a cheese wedge over each cutlet and evenly top them with red peppers and basil.
- Place the mushroom slices horizontally over the basil.
- One at a time, tightly roll the chicken cutlets up from the bottom and around the filling; secure with toothpicks.
- Place the chicken rolls in a baking pan sprayed with nonstick spray, seam sides down.

- Cover the pan with foil, and bake in the oven for 20 minutes.
- Carefully remove the foil and return the pan to the oven, uncovered, to bake until the chicken is cooked through, about 15 minutes.
- Meanwhile, to make the sauce, combine tomato bisque, sour cream, and Italian seasoning in a microwave-safe bowl.
- Mix well.
- Once the chicken is fully cooked, cover the sauce and microwave for 1 minute, and then stir well.
- Remove toothpicks from the chicken rolls, plate them, and evenly cover with the sauce.
- Garnish with additional basil leaves and enjoy!

Nutrition Facts



Properties

Glycemic Index:122.75, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:22.885217272717%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 289.49kcal (14.47%), Fat: 9.35g (14.39%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 11.9g (4.33%), Sugar: 4.23g (4.7%), Cholesterol: 109.12mg (36.37%), Sodium: 844.75mg (36.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.67%), Selenium: 61.06µg (87.23%), Vitamin B3: 17.18mg (85.92%), Vitamin B6: 1.22mg (61.21%), Phosphorus: 486.9mg (48.69%), Potassium: 982.86mg (28.08%), Vitamin B5: 2.59mg (25.91%), Calcium: 218.06mg (21.81%), Vitamin C: 17.87mg (21.66%), Vitamin B2: 0.31mg (18.06%), Vitamin B12: 0.9µg (15.07%), Vitamin K: 15.14µg (14.42%), Magnesium: 55.71mg (13.93%), Zinc: 2.08mg (13.83%), Vitamin A: 684.37IU (13.69%), Copper: 0.23mg (11.75%), Vitamin B1: 0.15mg (10.16%), Manganese: 0.2mg (9.92%), Folate: 28.3µg (7.08%), Iron: 1.25mg (6.93%), Fiber: 1.38g (5.53%), Vitamin E: 0.55mg (3.7%), Vitamin D: 0.27µg (1.78%)