



## Chicken and Portobello Rollups

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 asparagus spears trimmed
- 10.5 ounce cream of mushroom soup canned
- 1 teaspoon garlic minced
- 1 cup milk
- 1 tablespoon olive oil
- 0.5 teaspoon oregano dried
- 1 portobello mushroom cap cut into 1/2-inch slices
- 1 large bell pepper red cut into strips

- 0.5 teaspoon lawry's seasoned salt
- 24 ounce chicken breast halves boneless skinless

## Equipment

- frying pan
- sauce pan
- ladle
- oven
- plastic wrap
- baking pan
- toothpicks
- glass baking pan

## Directions

- Heat olive oil in a skillet over medium heat. Stir in garlic, and cook until it begins to turn golden brown, about 1 minute.
- Add the mushroom, red pepper, and asparagus; season with seasoned salt and oregano, then gently cook until softened.
- Pour mixture onto a plate, and allow to cool.
- Preheat oven to 375 degrees F (190 degrees C). Spray a small, glass baking dish with cooking spray and set aside.
- Place each chicken breast between two sheets of plastic wrap, and pound to 1/4-inch thick. Evenly divide the portobello, red pepper, and asparagus among the flattened chicken breasts.
- Roll up and secure with toothpicks.
- Place into prepared baking dish.
- Bake chicken in preheated oven until no longer pink, about 30 minutes. Meanwhile, stir together cream of mushroom soup and milk in a saucepan over medium-high heat. Bring to a simmer, then reduce heat to low, and keep warm while chicken cooks.
- To serve, remove toothpicks from chicken, slice each in half at an angle, and place onto a serving platter or individual plates. Ladle cream of mushroom soup ovetop.

# Nutrition Facts

PROTEIN 52.9% FAT 32.8% CARBS 14.3%

## Properties

Glycemic Index:34.25, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:29.599565153537%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

## Nutrients (% of daily need)

Calories: 330.31kcal (16.52%), Fat: 11.89g (18.3%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 9.59g (3.49%), Sugar: 5.8g (6.44%), Cholesterol: 119.9mg (39.97%), Sodium: 1043.23mg (45.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.32%), Vitamin B3: 20.15mg (100.75%), Selenium: 60.39µg (86.27%), Vitamin B6: 1.53mg (76.62%), Vitamin C: 56.55mg (68.55%), Phosphorus: 491.89mg (49.19%), Vitamin A: 1679.8IU (33.6%), Vitamin B5: 3.26mg (32.57%), Potassium: 1048.47mg (29.96%), Vitamin B2: 0.41mg (24.02%), Manganese: 0.39mg (19.4%), Vitamin K: 19.52µg (18.59%), Magnesium: 67.02mg (16.76%), Zinc: 2.46mg (16.39%), Copper: 0.33mg (16.35%), Vitamin B1: 0.24mg (16.01%), Folate: 54.01µg (13.5%), Vitamin B12: 0.8µg (13.32%), Vitamin E: 1.92mg (12.78%), Iron: 2.2mg (12.24%), Calcium: 103.26mg (10.33%), Fiber: 2.08g (8.31%), Vitamin D: 0.9µg (6.03%)