



Chicken Asparagus Roll-Ups

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 spears asparagus fresh trimmed
- 3 tablespoons dijon mustard
- 2 teaspoons tarragon dried
- 1 teaspoon ground pepper black
- 1 juice of lemon juiced
- 0.5 cup mayonnaise
- 1 cup panko bread crumbs
- 4 slices provolone cheese

- 0.5 teaspoon salt
- 4 chicken breast halves boneless skinless

Equipment

- bowl
- oven
- baking pan
- microwave
- meat tenderizer
- pastry brush

Directions

- Preheat oven to 475 degrees F (245 degrees C). Grease a baking dish. In a bowl, mix together the mayonnaise, Dijon mustard, lemon juice, lemon zest, tarragon, salt, and pepper until the mixture is well combined. Set aside.
- Cook asparagus in the microwave on High until bright green and just tender, 1 to 1 1/2 minutes. Set the asparagus spears aside.
- 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 about 1/4 inch. Repeat with the rest of the chicken breasts.
- Place 1 slice of provolone on each chicken breast, and top the cheese with 4 asparagus spears per breast.
- Roll the chicken breasts around the asparagus and cheese, making a tidy package, and place, seam sides down, in the prepared baking dish. With a pastry brush, apply a coating of the mayonnaise mixture to each chicken breast, and sprinkle each with panko crumbs, pressing the crumbs into the chicken to make a coating.
- Bake in the preheated oven until the crumbs are browned and the chicken juices run clear, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:24.362173733504%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 470.68kcal (23.53%), Fat: 30.28g (46.59%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 13.06g (4.75%), Sugar: 2.75g (3.06%), Cholesterol: 97.19mg (32.4%), Sodium: 973.32mg (42.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.32g (66.63%), Vitamin K: 74.89µg (71.32%), Selenium: 48.71µg (69.59%), Vitamin B3: 13.6mg (68.01%), Vitamin B6: 0.98mg (48.78%), Phosphorus: 412.12mg (41.21%), Vitamin B1: 0.34mg (22.76%), Manganese: 0.45mg (22.59%), Calcium: 215.66mg (21.57%), Vitamin B2: 0.35mg (20.76%), Vitamin B5: 2.06mg (20.58%), Potassium: 670.1mg (19.15%), Iron: 3.23mg (17.94%), Folate: 62.26µg (15.57%), Magnesium: 60.57mg (15.14%), Vitamin A: 756.31IU (15.13%), Zinc: 2mg (13.3%), Vitamin E: 1.97mg (13.12%), Copper: 0.22mg (11.16%), Fiber: 2.73g (10.9%), Vitamin C: 8.39mg (10.17%), Vitamin B12: 0.59µg (9.82%), Vitamin D: 0.26µg (1.76%)