



HEALTH SCORE

68%

Chicken Breast Roulades with Herbs and Baby Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 baby carrots trimmed
- ☐ 3 basil
- ☐ 3 bay leaves
- ☐ 0.3 teaspoon peppercorns black
- ☐ 12 brussels sprouts trimmed
- ☐ 1 cup wine dry white
- ☐ 0.5 cup parsley fresh chopped

- ☐ 2 garlic clove minced
- ☐ 3 cups chicken broth
- ☐ 2 teaspoons olive oil
- ☐ 8 small onion boiling
- ☐ 0.5 teaspoon pepper
- ☐ 4 small potatoes – remove skin red cut into 4 slices
- ☐ 4 strips roasted peppers red ()
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce chicken breast halves
- ☐ 4 cups pkt spinach
- ☐ 2 tarragon
- ☐ 3 thyme sprigs

Equipment

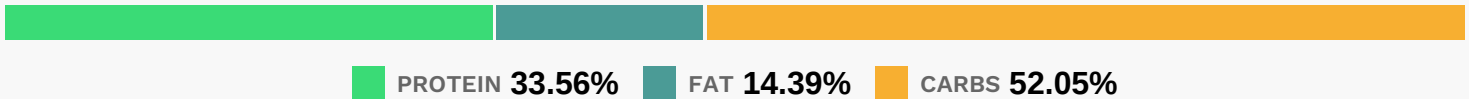
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ plastic wrap
- ☐ rolling pin
- ☐ dutch oven
- ☐ meat tenderizer

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add spinach and garlic; saut 1 minute or until spinach begins to wilt.
- ☐ Remove from heat; set aside.
- ☐ Place each piece of chicken between 2 sheets of heavy-duty plastic wrap and flatten to 1/4-inch thickness using a meat mallet or rolling pin.

- ☐
- Sprinkle 1/2 teaspoon pepper and 1/4 teaspoon salt over chicken. Spoon spinach mixture evenly down center of each breast half, leaving a 1/2-inch border. Arrange bell pepper strips crosswise over spinach, and roll up each breast half jelly-roll fashion. Tuck in ends of chicken, and secure each roll with wooden picks; set aside.
- ☐
- Combine broth and next 7 ingredients (broth through tarragon) in pan; bring to a simmer, and cook 5 minutes.
- ☐
- Add chicken rolls, carrots, Brussels sprouts, onions, and potatoes; simmer 20 minutes or until chicken is done and vegetables are tender. Discard peppercorns, bay leaves, and herb sprigs.
- ☐
- Remove wooden picks from chicken rolls, and thinly slice each roll. Arrange 1 sliced chicken roll, 5 carrots, 3 Brussels sprouts, 2 onions, and 4 potato slices in each of 4 large shallow bowls. Ladle 1/2 cup cooking liquid into each bowl, and sprinkle each with 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:104.25, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:43.946087101231%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg Kaempferol: 3.44mg, Kaempferol: 3.44mg, Kaempferol: 3.44mg, Kaempferol: 3.44mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg, Quercetin: 31.88mg

Nutrients (% of daily need)

Calories: 457.35kcal (22.87%), Fat: 6.87g (10.58%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 55.95g (18.65%), Net Carbohydrates: 45.81g (16.66%), Sugar: 12.78g (14.2%), Cholesterol: 72.57mg (24.19%), Sodium: 464.83mg (20.21%), Alcohol: 6.18g (100%), Alcohol %: 0.96% (100%), Protein: 36.07g (72.13%), Vitamin K: 382.78µg (364.55%), Vitamin A: 10903.7IU (218.07%), Vitamin C: 96.97mg (117.54%), Vitamin B3: 17.54mg (87.68%), Vitamin B6: 1.63mg (81.75%), Potassium: 2176.92mg (62.2%), Manganese: 1.21mg (60.63%), Selenium: 39.83µg (56.91%), Phosphorus: 524.65mg (52.47%), Folate: 182.55µg (45.64%), Fiber: 10.14g (40.55%), Magnesium: 138.82mg (34.7%), Iron: 5.44mg (30.22%), Copper: 0.57mg (28.38%), Vitamin B5: 2.74mg (27.36%), Vitamin B1: 0.41mg (27.15%), Vitamin B2: 0.41mg

(24.29%), Calcium: 162.79mg (16.28%), Zinc: 2.33mg (15.56%), Vitamin E: 1.72mg (11.5%), Vitamin B12: 0.4µg (6.73%)