



Chicken Cordon Bleu Roll-Ups with Ginger 'n' Spice Blueberry Chutney

READY IN



95 min.

SERVINGS



6

CALORIES



537 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup cheese blue crumbled (recommended: Stilton)
- ☐ 1.5 cups blueberries fresh
- ☐ 0.5 tablespoon butter
- ☐ 2 teaspoons cornstarch
- ☐ 3 tablespoons crystallized ginger minced
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup brown sugar dark packed
- ☐ 3 egg whites

- ☐ 1 cup fontina shredded
- ☐ 3 tablespoons basil leaves fresh finely chopped for garnish
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons milk
- ☐ 1 tablespoon olive oil
- ☐ 1.3 cups panko crumbs
- ☐ 3 ounces pancetta finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 24 ounces chicken breast halves boneless skinless
- ☐ 0.3 cup onion sweet finely chopped
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 0.8 teaspoon ground peppercorns black
- ☐ 0.5 tablespoon worcestershire sauce

Equipment

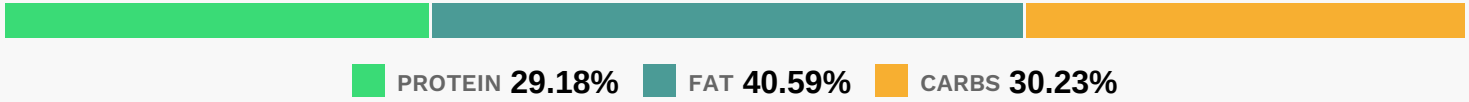
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ potato masher
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Put each chicken breast between 2 pieces of plastic wrap and pound to 1/4-inch thickness, tapering thickness along the edges to 1/8-inch. Set aside until needed.
- ☐ Combine the panko and garlic salt in a small bowl and drizzle with oil; toss until coated.
- ☐ Heat a large nonstick skillet over medium-high heat. When the skillet is hot add the panko and toast until light golden, stirring constantly.
- ☐ Pour the toasted panko into a shallow dish.
- ☐ In another shallow dish, whisk together the egg whites, milk, cornstarch and mustard.
- ☐ Line a jelly roll pan with foil (to catch any juices) then set a large wire rack over foil.
- ☐ Remove plastic wrap from chicken.
- ☐ Put the chicken on a work surface and sprinkle with salt and peppercorns; rub into the flesh. In a small bowl stir together the prosciutto, fontina, blue cheese and chopped basil. Divide the mixture into 6 portions. On each breast, put a portion of the mixture on the bottom half and toward the center.
- ☐ Roll the bottom edge of the breast over the filling then roll up tightly, tucking in the sides. Press firmly on the seam to secure.
- ☐ Roll the chicken in the egg white mixture to coat, then roll in the panko crumbs, pressing firmly. Arrange the chicken on the wire rack in the pan, spacing equally.
- ☐ Let rest for 20 minutes.
- ☐ Preheat the oven to 350 degrees F.
- ☐ For the chutney: In a heavy 1-quart saucepan add the butter and let it melt over medium-high heat.
- ☐ Add the onion and cook until tender, and stirring often, about 3 minutes. Stir in the vinegar, raisins, ginger, brown sugar, Worcestershire sauce, curry, salt, nutmeg and blueberries. Bring the mixture to a boil, then reduce the heat to low and simmer for 15 minutes, stirring occasionally.
- ☐ Remove from heat and slightly mash the blueberries with a potato masher. Cover the pan and set aside.
- ☐ After resting the chicken for 20 minutes, put the pan in the preheated oven and bake until an instant-read thermometer reaches 160 degrees F when inserted into the center of the chicken roll, about 40 minutes.

- ☐ Remove from oven and let the chicken to rest for 5 minutes before serving.
- ☐ Transfer the chicken to a serving platter and serve topped with the chutney, (no need to reheat).
- ☐ Garnish with basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:69.28, Glycemic Load:5.6, Inflammation Score:-6, Nutrition Score:21.29826087537%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 537.28kcal (26.86%), Fat: 24.14g (37.14%), Saturated Fat: 10.78g (67.37%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 38.33g (13.94%), Sugar: 26.19g (29.1%), Cholesterol: 121.81mg (40.6%), Sodium: 1603.26mg (69.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.1%), Selenium: 51.5µg (73.57%), Vitamin B3: 13.79mg (68.97%), Vitamin B6: 1.01mg (50.73%), Phosphorus: 442.62mg (44.26%), Calcium: 264.27mg (26.43%), Vitamin B2: 0.39mg (22.95%), Vitamin B5: 2.26mg (22.61%), Manganese: 0.41mg (20.37%), Potassium: 699.33mg (19.98%), Vitamin B1: 0.27mg (18.22%), Vitamin B12: 0.94µg (15.66%), Zinc: 2.35mg (15.64%), Vitamin K: 16.22µg (15.45%), Magnesium: 55.38mg (13.84%), Iron: 1.86mg (10.33%), Vitamin A: 470.47IU (9.41%), Fiber: 2.11g (8.42%), Copper: 0.16mg (8.17%), Folate: 31.58µg (7.9%), Vitamin C: 5.96mg (7.22%), Vitamin E: 1.03mg (6.85%), Vitamin D: 0.43µg (2.88%)