



Chicken Medaillons with Pepper Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup chablis wine dry white
- ☐ 0.3 cup process cream cheese product light
- ☐ 2 tablespoons basil fresh minced
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 teaspoon lemon-pepper seasoning salt-free
- ☐ 0.7 cup no-salt-added chicken broth undiluted canned
- ☐ 2 tablespoons oregano fresh minced

- ☐ 0.5 teaspoon pepper
- ☐ 1.3 cups round potato diced red peeled
- ☐ 2 cups bell pepper sweet red chopped
- ☐ 0.8 cup ricotta cheese light
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce skinned

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ plastic wrap

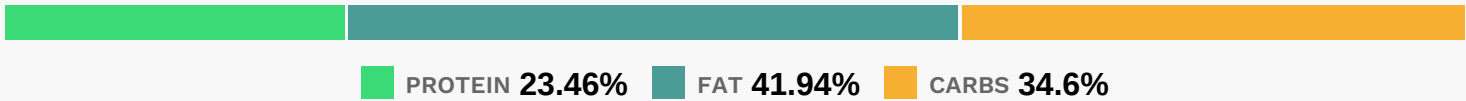
Directions

- ☐ Combine first 5 ingredients in a medium saucepan; stir well. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pepper and potato are tender.
- ☐ Transfer mixture to container of an electric blender; cover and process until smooth.
- ☐ Pour mixture through a wire-mesh strainer into a bowl.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness.
- ☐ Combine ricotta cheese and next 7 ingredients in a bowl; stir well.
- ☐ Spread cheese mixture evenly over chicken.
- ☐ Roll up jellyroll fashion, starting with short end, tucking ends under. Secure chicken rolls with wooden picks; sprinkle with lemon-pepper seasoning.
- ☐ Place chicken rolls on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 35 minutes or until lightly browned.

☐

Remove wooden picks, and cut chicken rolls into 1/2-inch slices. Spoon pepper sauce evenly onto individual serving plates. Arrange chicken, cut side down, on sauce.

Nutrition Facts



Properties

Glycemic Index:48.22, Glycemic Load:5.41, Inflammation Score:-9, Nutrition Score:12.132608782986%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 142.6kcal (7.13%), Fat: 6.16g (9.48%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 9.24g (3.36%), Sugar: 2.45g (2.72%), Cholesterol: 28.09mg (9.36%), Sodium: 178.75mg (7.77%), Alcohol: 2.06g (100%), Alcohol %: 1.63% (100%), Protein: 7.75g (15.51%), Vitamin C: 56.31mg (68.26%), Vitamin A: 1503.26IU (30.07%), Vitamin K: 29.67µg (28.25%), Vitamin B6: 0.36mg (18.19%), Vitamin B3: 2.61mg (13.07%), Selenium: 8.8µg (12.58%), Phosphorus: 116.91mg (11.69%), Manganese: 0.23mg (11.56%), Potassium: 370.9mg (10.6%), Calcium: 89.19mg (8.92%), Fiber: 2.2g (8.78%), Vitamin B2: 0.14mg (8.02%), Folate: 31.81µg (7.95%), Iron: 1.25mg (6.93%), Magnesium: 26.32mg (6.58%), Vitamin E: 0.95mg (6.32%), Vitamin B5: 0.54mg (5.45%), Zinc: 0.68mg (4.54%), Vitamin B1: 0.07mg (4.47%), Copper: 0.08mg (4.04%), Vitamin B12: 0.14µg (2.38%)