



Chicken Nepiev

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 4 tablespoons garlic cream cheese spread flavored
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 tablespoon onion powder
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup garlic and herb seasoned bread crumbs dry
- ☐ 1 tablespoon vegetable oil

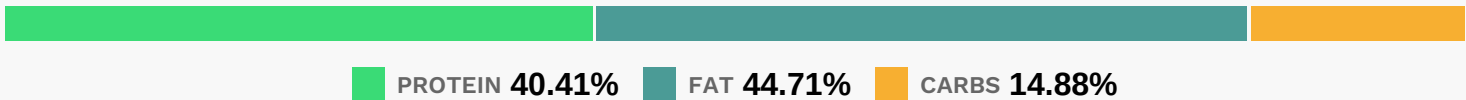
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ In a cup or small bowl, stir together the Italian seasoning, onion powder and garlic powder.
- ☐ Sprinkle over both sides of the chicken.
- ☐ Place 1 tablespoon of cream cheese on the center of each piece, and spread slightly. Tuck in the sides, and roll up tightly. Secure with toothpicks.
- ☐ Place the bread crumbs on a plate or in a shallow bowl.
- ☐ Roll the chicken rolls in the bread crumbs to coat.
- ☐ Place on a plate, cover, and freeze for about 30 minutes.
- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Heat the butter and oil in a skillet over medium-high heat. Brown the chicken rolls on all sides, this should take about 5 minutes.
- ☐ Transfer the rolls to a baking dish.
- ☐ Bake for 20 minutes in the preheated oven, or until chicken is no longer pink and the juices run clear. Spoon drippings from the dish over the rolls before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:14.432173894799%

Nutrients (% of daily need)

Calories: 268.28kcal (13.41%), Fat: 13.13g (20.2%), Saturated Fat: 5.32g (33.25%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 8.49g (3.09%), Sugar: 1.14g (1.27%), Cholesterol: 89.84mg (29.95%), Sodium: 524.6mg (22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.39%), Vitamin B3: 12.33mg (61.64%), Selenium: 38.83µg (55.48%), Vitamin B6: 0.92mg (45.9%), Phosphorus: 267.18mg (26.72%), Vitamin K: 18.02µg (17.17%), Vitamin B5: 1.7mg (17%), Potassium: 493.15mg (14.09%), Vitamin B1: 0.16mg (10.9%), Magnesium: 39.8mg (9.95%), Manganese: 0.2mg (9.8%), Vitamin B2: 0.16mg (9.18%), Iron: 1.43mg (7.95%), Calcium: 67.72mg (6.77%), Zinc: 0.93mg (6.2%), Vitamin A: 309.1IU (6.18%), Vitamin E: 0.84mg (5.6%), Fiber: 1.34g (5.38%), Folate: 18.57µg (4.64%), Vitamin B12: 0.26µg (4.3%), Copper: 0.08mg (3.89%), Vitamin C: 2.02mg (2.45%)