



Chicken Pinwheels

READY IN



105 min.

SERVINGS



8

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bacon smoked
- ☐ 0.5 cup butter
- ☐ 2 cups chicken stock see
- ☐ 4 eggs beaten
- ☐ 3 tablespoons flour
- ☐ 6 ounces ham sliced
- ☐ 8 chicken breasts boneless skinless
- ☐ 3 toppings: such as pickles diced sweet dill, , or sours, your preference
- ☐ 2 tablespoons tarragon chopped

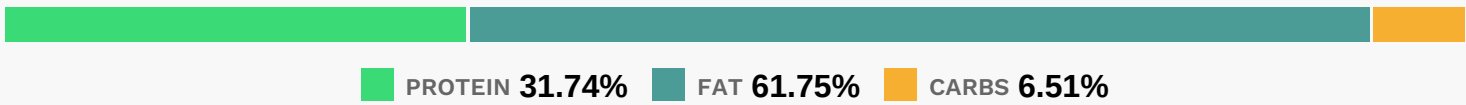
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Place chicken in between plastic wrap and pound out until 1/4-inch thick.
- ☐ Place 1 slice of ham and 1 slice of bacon onto each breast of chicken. Lightly scramble the eggs and let cool. Divide eggs evenly over chicken and spread out. Top with diced pickles and roll into pinwheels. Once chicken is rolled, tie with string to secure.
- ☐ Heat the butter in a saute pan and brown chicken rolls.
- ☐ Remove chicken rolls from the pan and set aside.
- ☐ Add flour to the same saute pan, and cook until light brown.
- ☐ Add the chicken stock, making sure to stir out any lumps. Return chicken to pan and place in a preheated 350 degree oven for 1 hour.
- ☐ Remove from oven and sprinkle with chopped tarragon. Slice each breast into 4 pieces and serve with 2 tablespoons of sauce.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:19.601304510365%

Nutrients (% of daily need)

Calories: 477.42kcal (23.87%), Fat: 32.26g (49.62%), Saturated Fat: 13.9g (86.87%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.36g (2.68%), Sugar: 2.76g (3.07%), Cholesterol: 218.36mg (72.79%), Sodium: 823.39mg (35.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.3g (74.6%), Selenium: 55.93µg (79.9%), Vitamin B3: 15.18mg (75.89%), Vitamin B6: 1.12mg (56.13%), Phosphorus: 396.99mg (39.7%), Vitamin B1: 0.34mg (22.51%), Vitamin B5: 2.23mg (22.35%), Vitamin B2: 0.38mg (22.32%), Potassium: 697.04mg (19.92%), Vitamin A: 664.66IU (13.29%), Zinc: 1.96mg (13.09%), Magnesium: 49.49mg (12.37%), Vitamin B12: 0.72µg (12.06%), Iron: 1.95mg (10.85%), Manganese: 0.19mg (9.7%), Folate: 28.96µg (7.24%), Vitamin E: 1.03mg (6.84%), Copper: 0.13mg (6.34%), Vitamin K:

5.83μg (5.55%), Vitamin D: 0.82μg (5.43%), Calcium: 52.15mg (5.22%), Vitamin C: 2.42mg (2.93%), Fiber: 0.3g (1.2%)