



Chicken Rococo

READY IN



55 min.

SERVINGS



55

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black
- 1 cup chicken broth
- 2 cups rice long-grain white cooked
- 1 cup rice long-grain wild cooked
- 0.8 cup bread crumbs dry
- 2 eggs beaten
- 2 Tbsp flour
- 1 cup mushrooms fresh sliced
- 0.3 cup oil divided

- 0.5 cup onions and peppers green chopped
- 8 oz cracker barrel sharp cheddar cheese
- 2 lb chicken breasts boneless skinless

Equipment

- frying pan
- paper towels
- oven
- baking pan
- toothpicks

Directions

- Heat oven to 400F.
- Cut cheese crosswise in half, then cut each piece lengthwise into 4 sticks. Wrap 1 chicken breast around each cheese stick to completely enclose cheese; secure with wooden toothpicks. Dip chicken roll-ups, 1 at a time, in eggs then in bread crumbs, turning to evenly coat each roll-up.
- Heat 2 Tbsp. oil in large skillet on medium-high heat.
- Add chicken; cook 5 min. or until evenly browned, turning occasionally.
- Transfer to 13x9-inch baking dish sprayed with cooking spray.
- Bake 15 to 18 min. or until chicken is done (165F). Meanwhile, wipe skillet with paper towels.
- Add remaining oil and vegetables to skillet; cook 8 to 10 min. or until crisp-tender, stirring occasionally. Stir in flour and pepper until blended. Gradually stir in broth; cook 3 to 5 min. or until thickened, stirring constantly.
- Add rice; cook 2 min. or until heated through, stirring occasionally.
- Discard toothpicks from chicken.
- Serve chicken over rice mixture.

Nutrition Facts



■ PROTEIN **32.72%** ■ FAT **43.75%** ■ CARBS **23.53%**

Properties

Glycemic Index:5.18, Glycemic Load:1.93, Inflammation Score:-1, Nutrition Score:3.070000016171%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 65.14kcal (3.26%), Fat: 3.12g (4.81%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.59g (1.3%), Sugar: 0.22g (0.25%), Cholesterol: 20.72mg (6.91%), Sodium: 75.29mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Selenium: 8.03µg (11.48%), Vitamin B3: 1.98mg (9.89%), Vitamin B6: 0.15mg (7.26%), Phosphorus: 66.29mg (6.63%), Vitamin B2: 0.06mg (3.68%), Calcium: 34.67mg (3.47%), Vitamin B5: 0.34mg (3.41%), Manganese: 0.06mg (2.99%), Zinc: 0.37mg (2.49%), Potassium: 83.42mg (2.38%), Vitamin B1: 0.03mg (2.3%), Magnesium: 8.28mg (2.07%), Vitamin E: 0.28mg (1.83%), Vitamin B12: 0.1µg (1.63%), Vitamin C: 1.32mg (1.6%), Folate: 5.73µg (1.43%), Copper: 0.03mg (1.29%), Iron: 0.23mg (1.26%), Vitamin A: 60.14IU (1.2%), Vitamin K: 1.09µg (1.04%)