



# Chicken Roll-Ups With Feta Cheese and Arugula

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



60

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 pounds chicken breast
- 60 servings coarse salt
- 1 bunch baby arugula
- 3 ounces sun-dried olives with basil and sun-dried tomato, broken into small pie crumbled soft
- 2 teaspoons olive oil

## Equipment

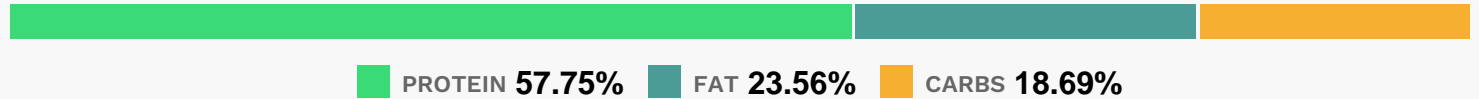
- frying pan

- oven
- toothpicks

## Directions

- Layer each cutlet with arugula; crumble goat cheese in the center. Starting with the narrow end, roll up chicken tightly; seal with a toothpick.
- In a large nonstick ovenproof skillet, heat oil over medium-high heat; swirl to coat bottom of pan. Cook, seam side down, until golden brown, 1 to 2 minutes. Turn chicken.
- Transfer skillet to oven. Cook until chicken is opaque throughout, 10 to 12 minutes.
- Remove toothpicks, and slice chicken crosswise before serving, if desired.

## Nutrition Facts



## Properties

Glycemic Index:1.03, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.7730434782609%

## Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 18.23kcal (0.91%), Fat: 0.48g (0.74%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.57g (0.64%), Cholesterol: 7.26mg (2.42%), Sodium: 208.97mg (9.09%), Protein: 2.66g (5.31%), Vitamin B3: 1.32mg (6.58%), Selenium: 3.71µg (5.3%), Vitamin B6: 0.09mg (4.55%), Phosphorus: 29.84mg (2.98%), Potassium: 97.57mg (2.79%), Vitamin K: 2.77µg (2.63%), Vitamin B5: 0.2mg (1.99%), Manganese: 0.03mg (1.72%), Magnesium: 6.59mg (1.65%), Copper: 0.02mg (1.24%), Vitamin A: 60.48IU (1.21%), Vitamin C: 0.97mg (1.18%), Vitamin B2: 0.02mg (1.17%), Iron: 0.2mg (1.11%), Vitamin B1: 0.02mg (1.04%)