



Chicken Roulade with Herbed Cheese and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons alouette garlic & herbs spreadable cheese light (such as Alouette)
- ☐ 4 teaspoons olive oil extravirgin divided
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 ounces pancetta chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 16 large pkt spinach stemmed
- ☐ 2 tablespoons water
- ☐ 2 tablespoons wine

Equipment

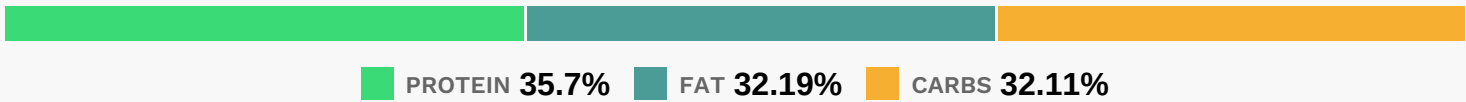
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle both sides of chicken with 1/2 teaspoon salt and pepper.
- ☐ Combine cheese and prosciutto in a small bowl.
- ☐ Spread 1 1/2 teaspoons cheese mixture over each breast half.
- ☐ Place 4 spinach leaves on each breast half; flatten with hand.
- ☐ Roll up chicken, jelly-roll fashion, starting with narrow end. Secure at 1-inch intervals with twine. Set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Place pasta in a large bowl.
- ☐ Sprinkle with parsley and 1/4 teaspoon salt.
- ☐ Drizzle with 2 teaspoons oil; toss gently to coat. Cover and keep warm.
- ☐ Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Place chicken in pan, and cook for 6 minutes, browning on all sides.

- ☐
- Add wine and water. Cover, reduce heat to medium-low, and cook for 6 minutes or until chicken is done.
- ☐
- Remove chicken from pan, and let stand for 2 minutes.
- ☐
- Remove twine, and slice each roulade crosswise into 5 equal pieces.
- ☐
- Place about 1 cup of the pasta mixture on each of 4 plates; top each with 5 pieces roulade.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:26.556521685227%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 534.52kcal (26.73%), Fat: 18.59g (28.6%), Saturated Fat: 5.2g (32.53%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 39.63g (14.41%), Sugar: 1.17g (1.3%), Cholesterol: 172.1mg (57.36%), Sodium: 775.49mg (33.72%), Alcohol: 0.77g (100%), Alcohol %: 0.36% (100%), Protein: 46.38g (92.77%), Selenium: 102.02µg (145.75%), Vitamin B3: 19.57mg (97.84%), Vitamin B6: 1.45mg (72.41%), Vitamin K: 55.59µg (52.94%), Phosphorus: 519.13mg (51.91%), Vitamin B5: 3.04mg (30.37%), Manganese: 0.59mg (29.64%), Potassium: 837.95mg (23.94%), Magnesium: 84.24mg (21.06%), Vitamin B1: 0.25mg (16.66%), Zinc: 2.3mg (15.33%), Vitamin B2: 0.24mg (14.34%), Vitamin A: 636.35IU (12.73%), Copper: 0.23mg (11.68%), Iron: 2.07mg (11.49%), Vitamin B12: 0.58µg (9.59%), Folate: 34.16µg (8.54%), Vitamin E: 1.27mg (8.46%), Fiber: 2.09g (8.35%), Vitamin C: 5.83mg (7.06%), Calcium: 38.1mg (3.81%), Vitamin D: 0.4µg (2.65%)