



Chicken Roulade with Olives and Simple Preserved Lemons

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons capers divided rinsed drained
- ☐ 0.3 cup breadcrumbs dry
- ☐ 0.5 cup wine dry white
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 2 garlic clove minced
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon turmeric

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 12 olives divided pitted ripe drained
- ☐ 2 cups onion chopped (1 medium)
- ☐ 1 tablespoon simple preserved lemons chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 cup water

Equipment

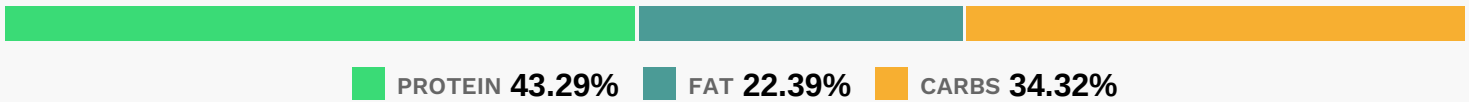
- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Combine breadcrumbs, 1/4 cup capers, 1 tablespoon Simple Preserved Lemons, 6 olives, and garlic in a food processor or blender, and pulse 10 times or until the mixture is coarsely chopped.
- ☐ Place each breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Divide breadcrumb mixture into 4 equal portions; spread 1 portion on each breast half, leaving a 1/4-inch border around outside edges.
- ☐ Roll up each breast half, jelly-roll fashion, starting with short side. Secure with wooden picks or twine.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 6 minutes, browning on all sides.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add onion to pan; saut 2 minutes or until browned.

- ☐ Add wine; cook until reduced to 1/4 cup (about 1 minute), stirring often.
- ☐ Add remaining 2 tablespoons capers, 1 cup water, broth, juice, raisins, and turmeric. Quarter the remaining 6 olives.
- ☐ Add to pan; bring to a boil.
- ☐ Add chicken to pan; cover, reduce heat, and simmer 20 minutes, turning chicken after 10 minutes.
- ☐ Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:9.67, Inflammation Score:-9, Nutrition Score:22.964348051859%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 16.78mg, Kaempferol: 16.78mg, Kaempferol: 16.78mg, Kaempferol: 16.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 37.45mg, Quercetin: 37.45mg, Quercetin: 37.45mg, Quercetin: 37.45mg

Nutrients (% of daily need)

Calories: 386.31kcal (19.32%), Fat: 9.13g (14.05%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 31.48g (10.49%), Net Carbohydrates: 28.01g (10.19%), Sugar: 15.49g (17.21%), Cholesterol: 108.86mg (36.29%), Sodium: 1025.03mg (44.57%), Alcohol: 3.09g (100%), Alcohol %: 0.85% (100%), Protein: 39.71g (79.42%), Vitamin B3: 19.12mg (95.59%), Selenium: 58.98µg (84.26%), Vitamin B6: 1.49mg (74.66%), Phosphorus: 432.65mg (43.27%), Potassium: 964.09mg (27.55%), Vitamin B5: 2.7mg (27.04%), Magnesium: 72.94mg (18.24%), Manganese: 0.35mg (17.69%), Vitamin B2: 0.3mg (17.62%), Vitamin B1: 0.25mg (16.62%), Vitamin C: 12.46mg (15.1%), Fiber: 3.52g (14.1%), Copper: 0.25mg (12.65%), Iron: 2.07mg (11.5%), Zinc: 1.43mg (9.56%), Folate: 37.76µg (9.44%), Vitamin E: 1.24mg (8.24%), Vitamin B12: 0.49µg (8.09%), Calcium: 74.18mg (7.42%), Vitamin K: 6.37µg (6.07%), Vitamin A: 116.93IU (2.34%), Vitamin D: 0.17µg (1.13%)