



HEALTH SCORE

55%

Chicken Strudel

READY IN



45 min.

SERVINGS



4

CALORIES



558 kcal

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter melted
- ☐ 1.3 pounds chicken breast cooked chopped
- ☐ 0.5 cup breadcrumbs dry
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.3 cup egg substitute
- ☐ 2 garlic cloves minced
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 8 sheets phyllo dough frozen thawed

- ☐ 0.3 teaspoon salt
- ☐ 10 ounce pkt spinach fresh chopped (8 cups)
- ☐ 3 ounces swiss cheese shredded

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

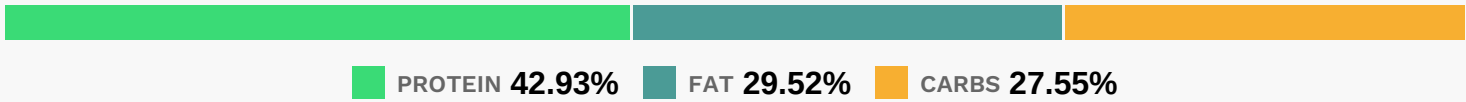
Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion, and saut for 6 minutes or until tender. Stir in spinach, and cook for 2 minutes or until spinach wilts, stirring constantly.
- ☐ Remove from heat. Stir in chicken and the next 6 ingredients (chicken through garlic).
- ☐ Lightly coat 1 sheet phyllo dough with cooking spray (cover remaining dough to keep from drying).
- ☐ Sprinkle with 1 tablespoon breadcrumbs. Repeat the layers with 3 sheets phyllo, cooking spray, and 3 tablespoons breadcrumbs.
- ☐ Gently press the layers together.
- ☐ Place about 2 1/2 cups chicken mixture along 1 long edge of top phyllo sheet, leaving a 1/2-inch border. Starting at the long edge with the 1/2-inch border, roll up jelly-roll fashion.
- ☐ Place, seam side down, on a baking sheet coated with cooking spray. Tuck ends under. Repeat with the remaining 4 sheets phyllo, cooking spray, 1/4 cup breadcrumbs, and 2 1/2 cups chicken mixture.
- ☐ Brush strudels evenly with butter.
- ☐ Sprinkle each with 1/8 teaspoon paprika.
- ☐ Preheat oven to 37
- ☐ Bake strudels at 375 for 20 minutes or until brown.
- ☐ Let stand for 5 minutes before slicing.
- ☐ Cut each strudel into 4 slices.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:8.73, Inflammation Score:-10, Nutrition Score:40.944347837697%

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 Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 557.88kcal (27.89%), Fat: 17.83g (27.43%), Saturated Fat: 7.89g (49.3%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 33.76g (12.28%), Sugar: 3.3g (3.67%), Cholesterol: 147.78mg (49.26%), Sodium: 682.6mg (29.68%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 58.33g (116.67%), Vitamin K: 345.58µg (329.12%), Vitamin A: 7036.14IU (140.72%), Vitamin B3: 22.51mg (112.53%), Selenium: 65.15µg (93.07%), Vitamin B6: 1.12mg (56.23%), Phosphorus: 558.11mg (55.81%), Manganese: 1.06mg (53.13%), Folate: 203.26µg (50.82%), Vitamin B2: 0.62mg (36.37%), Vitamin B1: 0.53mg (35.56%), Calcium: 334.58mg (33.46%), Iron: 5.76mg (31.98%), Magnesium: 123.4mg (30.85%), Vitamin C: 23.42mg (28.39%), Potassium: 934.27mg (26.69%), Zinc: 3.36mg (22.37%), Vitamin B12: 1.23µg (20.47%), Vitamin B5: 2.01mg (20.13%), Vitamin E: 2.36mg (15.71%), Fiber: 3.66g (14.64%), Copper: 0.27mg (13.5%), Vitamin D: 0.38µg (2.54%)