



Chicken with Goat Cheese and Arugula



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts thin ()
- ☐ 4 servings kosher salt
- ☐ 4 servings ground pepper black
- ☐ 1 large bunch arugula trimmed (4 ounces,)
- ☐ 4 oz goat cheese broken into pieces soft (chevre)
- ☐ 1 Tbsp olive oil extra virgin
- ☐ 1 serving wooden toothpicks
- ☐ 4 servings wooden toothpicks

Equipment



- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ toothpicks
- ☐ aluminum foil
- ☐ meat tenderizer

Directions

- ☐ Pound chicken breasts thin: Preheat oven to 425°F. Pound the breasts thin to make them thin enough for rolling. To do this place a piece of plastic wrap over the chicken breast. Use the smooth side of the meat pounder to pound the piece thin.
- ☐ Layer arugula and cheese on cutlets: Season the chicken pieces with salt and pepper. On a clean work surface lay cutlets flat, smooth side down.
- ☐ Layer with arugula leaves and pieces of goat cheese in the center.
- ☐ Roll up and secure with toothpicks: Starting with the narrowest ends, roll up the chicken cutlets into a tight roulade and seal with toothpicks to keep from unrolling.
- ☐ Brown chicken roulades on all sides
- ☐ Heat the oil on medium high in a large cast iron pan (or other non-stick oven-proof skillet).
- ☐ Place the chicken roulades in the pan and brown on all sides.
- ☐ Finish in oven:
- ☐ Place the skillet in the oven and cook until the chicken is cooked through, about 10 to 12 minutes.
- ☐ Remove pan from oven (take care to not touch pan handle with bare hands!) and remove the chicken from the pan.
- ☐ Cover with foil and let rest for 5 minutes.
- ☐ Remove the toothpicks from the chicken and slice the roulades into rounds to serve.

Nutrition Facts



 PROTEIN **59.98%**  FAT **38.81%**  CARBS **1.21%**

Properties

Glycemic Index:16, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:26.323043776595%

Flavonoids

Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 370.74kcal (18.54%), Fat: 15.52g (23.88%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.83g (0.92%), Cholesterol: 157.68mg (52.56%), Sodium: 567.99mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.97g (107.94%), Vitamin B3: 23.78mg (118.91%), Selenium: 73.2µg (104.58%), Vitamin B6: 1.78mg (89.23%), Phosphorus: 562.02mg (56.2%), Vitamin B5: 3.54mg (35.38%), Vitamin K: 34.03µg (32.41%), Potassium: 949.22mg (27.12%), Vitamin B2: 0.36mg (21.07%), Vitamin A: 1031.57IU (20.63%), Magnesium: 76.75mg (19.19%), Copper: 0.29mg (14.57%), Vitamin B1: 0.18mg (11.8%), Zinc: 1.71mg (11.37%), Iron: 1.82mg (10.1%), Folate: 39.86µg (9.97%), Calcium: 96.79mg (9.68%), Vitamin B12: 0.51µg (8.43%), Vitamin C: 6.95mg (8.42%), Manganese: 0.17mg (8.31%), Vitamin E: 1.11mg (7.38%), Vitamin D: 0.34µg (2.26%), Fiber: 0.48g (1.91%)