



Grilled Ham- and Swiss-Stuffed Chicken Breasts

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

Ingredients

- 2 ounce finely-chopped ham cooked
- 0.5 cup dijon honey mustard
- 0.3 teaspoon pepper
- 0.5 teaspoon lawry's seasoned salt
- 1.3 pounds chicken breast halves boneless skinless
- 2 ounce swiss cheese

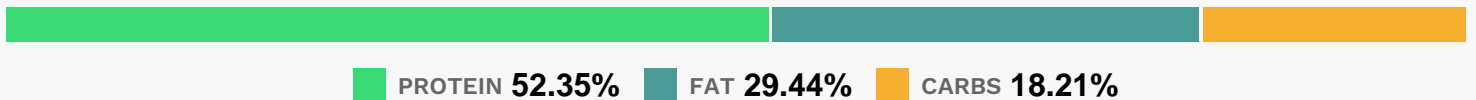
Equipment

- plastic wrap
- grill
- metal skewers

Directions

- Heat coals or gas grill for direct heat. Flatten each chicken breast half to 1/4-inch thickness between sheets of plastic wrap or waxed paper.
- Place cheese slice and ham slice on center of each chicken breast; roll up. Secure with small metal skewers.
- Sprinkle with seasoned salt and pepper.
- Reserve 1/4 cup of the dressing. Cover and grill chicken rolls 4 to 6 inches from medium heat 15 to 20 minutes, brushing with remaining 1/4 cup dressing during last 10 minutes of grilling, until juice of chicken is no longer pink in center.
- Serve chicken rolls with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:16.844347831996%

Nutrients (% of daily need)

Calories: 300.98kcal (15.05%), Fat: 9.15g (14.08%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.7g (4.62%), Sugar: 6.23g (6.92%), Cholesterol: 114.25mg (38.08%), Sodium: 800.7mg (34.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.6g (73.21%), Vitamin B3: 15.3mg (76.49%), Selenium: 52.44µg (74.91%), Vitamin B6: 1.11mg (55.41%), Phosphorus: 420.62mg (42.06%), Vitamin B5: 2.21mg (22.06%), Potassium: 576.08mg (16.46%), Vitamin B12: 0.91µg (15.19%), Calcium: 134.83mg (13.48%), Vitamin B2: 0.22mg (12.86%), Zinc: 1.76mg (11.73%), Magnesium: 44.73mg (11.18%), Vitamin B1: 0.17mg (11.17%), Vitamin C: 5mg (6.07%), Iron: 0.68mg (3.77%), Vitamin A: 160.86IU (3.22%), Copper: 0.06mg (3.15%), Vitamin E: 0.36mg (2.37%), Manganese: 0.05mg (2.27%), Folate: 7.39µg (1.85%)