






 **10%**
HEALTH SCORE

Garlic Cheese Chicken Rollups

READY IN

45 min.

SERVINGS

4

CALORIES

543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs dried
- 0.3 cup butter melted
- 0.5 cup parmesan cheese grated
- 7 ounce creamy pimiento cheese
- 4 chicken breast boneless skinless

Equipment

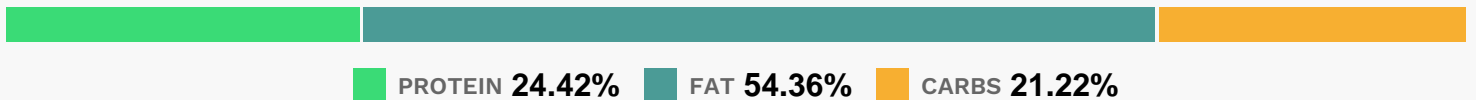
- bowl
- oven

- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Pound chicken breasts until thinned out. In a shallow dish or bowl mix together bread crumbs and cheese. Dip one side of each breast into melted butter or margarine, then into crumb/cheese mixture.
- Place a dollop of cheese spread at one end of each chicken breast, on the side of the breast not dipped in the mixture.
- Roll up each breast and secure with toothpicks.
- Place rollups in a lightly greased 9x13 inch baking dish and drizzle any remaining butter or margarine over all.
- Bake in the preheated oven for 35 to 40 minutes, or until cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:18.626521727313%

Nutrients (% of daily need)

Calories: 543.13kcal (27.16%), Fat: 31.09g (47.83%), Saturated Fat: 14.71g (91.91%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 26.09g (9.49%), Sugar: 6.2g (6.89%), Cholesterol: 140.76mg (46.92%), Sodium: 1152.85mg (50.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.83%), Vitamin B3: 13.59mg (67.96%), Selenium: 47.48µg (67.83%), Vitamin B6: 0.89mg (44.48%), Phosphorus: 364.51mg (36.45%), Calcium: 349.35mg (34.94%), Vitamin B1: 0.34mg (22.5%), Vitamin A: 947.54IU (18.95%), Vitamin B5: 1.82mg (18.16%), Vitamin B2: 0.27mg (15.87%), Potassium: 497.42mg (14.21%), Manganese: 0.28mg (13.79%), Magnesium: 45.65mg (11.41%), Zinc: 1.6mg (10.67%), Iron: 1.78mg (9.9%), Folate: 34.59µg (8.65%), Vitamin B12: 0.51µg (8.56%), Vitamin C: 4.6mg (5.58%), Copper: 0.1mg (5.22%), Fiber: 1.22g (4.86%), Vitamin E: 0.63mg (4.19%), Vitamin K: 3.21µg (3.06%), Vitamin D: 0.18µg (1.17%)