



Ham and Cheese Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce ham lean cooked very thinly sliced
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 0.5 cup milk fat-free
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon cream cheese reduced-fat garlic-flavored
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 1 Dash paprika
- ☐ 1 teaspoon parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce chicken breast halves boneless skinless

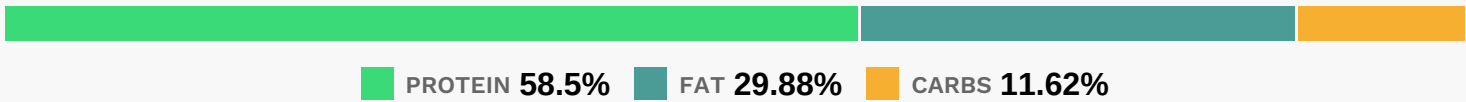
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin

Directions

- ☐ Preheat oven to 35
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a rolling pin.
- ☐ Sprinkle with pepper.
- ☐ Place one-fourth of ham on each chicken breast half.
- ☐ Spread cream cheese evenly over ham.
- ☐ Roll up chicken, starting with short end and tucking ends under. Secure with wooden picks.
- ☐ Combine breadcrumbs, Italian seasoning, and Parmesan cheese. Dip chicken rolls in milk, and dredge in breadcrumb mixture.
- ☐ Place, seam sides down, in a baking dish coated with cooking spray.
- ☐ Combine margarine and lemon juice; drizzle over chicken.
- ☐ Sprinkle with paprika.
- ☐ Bake, uncovered, at 350 for 30 minutes or until tender. To serve, remove wooden picks, and slice.

Nutrition Facts



Properties

Glycemic Index:21.31, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:19.979130496149%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.66kcal (14.23%), Fat: 9.14g (14.06%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.4g (2.69%), Sugar: 2.32g (2.58%), Cholesterol: 118.05mg (39.35%), Sodium: 414.85mg (18.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.26g (80.52%), Vitamin B3: 18.56mg (92.81%), Selenium: 58.95µg (84.22%), Vitamin B6: 1.33mg (66.46%), Phosphorus: 438.58mg (43.86%), Vitamin B5: 2.69mg (26.85%), Potassium: 739.22mg (21.12%), Vitamin B2: 0.27mg (16.08%), Vitamin B1: 0.24mg (16%), Magnesium: 55.21mg (13.8%), Vitamin B12: 0.7µg (11.64%), Zinc: 1.48mg (9.89%), Calcium: 89.32mg (8.93%), Manganese: 0.14mg (7.09%), Iron: 1.27mg (7.04%), Vitamin A: 291.71IU (5.83%), Vitamin C: 4.68mg (5.67%), Folate: 18.19µg (4.55%), Copper: 0.08mg (4.04%), Vitamin K: 4.23µg (4.03%), Vitamin E: 0.56mg (3.72%), Vitamin D: 0.52µg (3.5%), Fiber: 0.6g (2.39%)