



Herbed Chicken Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



79 kcal

Ingredients

- ☐ 5 ounce bread whole-wheat
- ☐ 2 egg whites lightly beaten
- ☐ 0.3 cup basil fresh loosely packed
- ☐ 0.3 cup parsley fresh loosely packed
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 0.8 teaspoon pepper
- ☐ 4.5 ounce swiss chard halved
- ☐ 3 ounces pancetta very thin
- ☐ 4 ounce chicken breast halves

☐ 2 tablespoons water

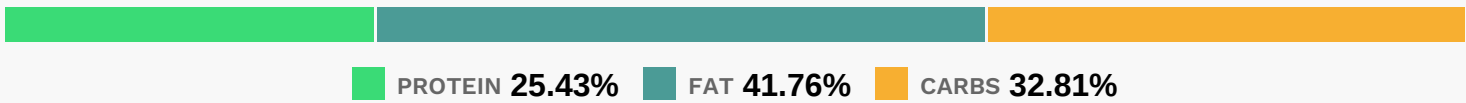
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine first 5 ingredients in food processor, and process until crumbs are fine; place crumbs in a shallow dish, and set aside.
- ☐ Combine egg whites and water in a shallow bowl; stir well, and set aside.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin. Top each with a slice of prosciutto and a half piece of cheese.
- ☐ Roll up jelly-roll fashion. Tuck in sides; secure each roll with wooden picks. Dip each roll in egg white mixture; dredge in breadcrumb mixture.
- ☐ Place rolls, seam sides down, in a 15 x 10-inch jelly-roll pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until done. Discard wooden picks.
- ☐ Cut each roll into thin slices.
- ☐ Garnish with basil sprigs, if desired.
- ☐ Note: You can substitute 6 (3/4-ounce) slices of 97% fat-free ham, halved, for the prosciutto.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:9.2456521936085%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 78.78kcal (3.94%), Fat: 3.65g (5.61%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 5.65g (2.05%), Sugar: 0.84g (0.94%), Cholesterol: 10.73mg (3.58%), Sodium: 145.62mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin K: 111.62µg (106.3%), Vitamin A: 815.96IU (16.32%), Selenium: 8.95µg (12.79%), Manganese: 0.22mg (10.81%), Vitamin B3: 2.01mg (10.06%), Vitamin C: 6.01mg (7.29%), Vitamin B6: 0.12mg (5.89%), Vitamin B1: 0.08mg (5.35%), Phosphorus: 52.75mg (5.27%), Iron: 0.89mg (4.96%), Magnesium: 19.43mg (4.86%), Vitamin B2: 0.08mg (4.77%), Folate: 14.63µg (3.66%), Potassium: 127.71mg (3.65%), Fiber: 0.81g (3.22%), Vitamin B5: 0.31mg (3.09%), Calcium: 26.97mg (2.7%), Copper: 0.05mg (2.61%), Zinc: 0.33mg (2.21%), Vitamin E: 0.29mg (1.91%)