



Italian Chicken Rolls

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



322 kcal

Ingredients

- 0.8 cup corn flakes cereal crushed
- 0.3 cup process cream cheese light softened
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon paprika
- 0.3 teaspoon pepper
- 0.3 cup pesto
- 0.5 cup commercial roasted pepper red chopped
- 0.3 teaspoon salt
- 24 ounce skinned

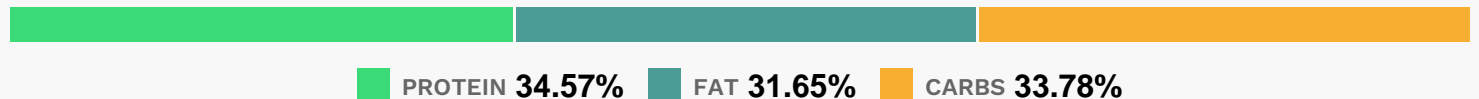
Equipment

- bowl
- oven
- plastic wrap
- baking pan
- rolling pin
- meat tenderizer

Directions

- Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- Sprinkle with salt and 1/4 teaspoon pepper; set aside.
- Combine red pepper, cream cheese, and pesto in a small bowl, stirring until smooth.
- Spread cheese mixture evenly over chicken breasts.
- Roll up, jellyroll fashion; secure with wooden picks.
- Combine crushed cereal, parsley, and paprika. Dredge chicken in cereal mixture.
- Place in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- Bake, uncovered, at 350 for 35 minutes; let stand 10 minutes.
- Remove wooden picks from chicken, and slice each roll into 6 rounds.
- Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:25.110434635826%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 322.48kcal (16.12%), Fat: 11.29g (17.37%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 25.69g (9.34%), Sugar: 3.65g (4.05%), Cholesterol: 86.14mg (28.71%), Sodium: 741.21mg (32.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.5%), Vitamin B3: 17.24mg (86.2%), Vitamin B6: 1.41mg (70.61%), Selenium: 39.88µg (56.97%), Iron: 9.3mg (51.68%), Vitamin B2: 0.6mg (35.27%), Vitamin K: 33.56µg (31.96%), Vitamin B1: 0.48mg (31.8%), Folate: 116.25µg (29.06%), Vitamin B12: 1.73µg (28.89%), Phosphorus: 285.94mg (28.59%), Vitamin A: 1251.58IU (25.03%), Vitamin C: 15.66mg (18.98%), Vitamin B5: 1.77mg (17.73%), Potassium: 518.94mg (14.83%), Magnesium: 44.88mg (11.22%), Vitamin D: 1.18µg (7.85%), Zinc: 1.07mg (7.12%), Fiber: 1.43g (5.71%), Copper: 0.11mg (5.6%), Manganese: 0.1mg (5.17%), Calcium: 44.37mg (4.44%), Vitamin E: 0.42mg (2.83%)