



Mariachi Chicken

READY IN



45 min.

SERVINGS



2

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon carrots grated
- ☐ 2 tablespoons neufcha@gtel cheese softened
- ☐ 2 tablespoons cracker crumbs fat-free whole wheat
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 tablespoon green onions chopped
- ☐ 1 tablespoon cup heavy whipping cream sour low-fat divided
- ☐ 2 teaspoons butter melted reduced-calorie
- ☐ 2 tablespoons commercial salsa verde

☐ 8 ounce skinned

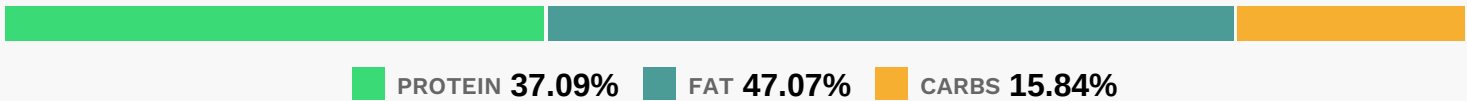
Equipment

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

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring well; set aside.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Spread cheese mixture evenly over chicken.
- ☐ Roll up chicken, jellyroll fashion, starting with short end. Secure chicken with wooden picks.
- ☐ Brush chicken with margarine; dredge in cracker crumbs.
- ☐ Place chicken rolls, seam side down, in a small shallow baking dish coated with cooking spray.
- ☐ Bake at 350 for 30 to 35 minutes or until chicken is tender.
- ☐ Remove wooden picks, and top each chicken roll with 1 tablespoon salsa verde and 1 1/2 teaspoons sour cream.

Nutrition Facts



Properties

Glycemic Index:71.42, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:18.577391562255%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:

0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 320.23kcal (16.01%), Fat: 16.42g (25.26%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.72g (4.26%), Sugar: 2.71g (3.01%), Cholesterol: 89.67mg (29.89%), Sodium: 534.12mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.11g (58.22%), Vitamin B3: 12.68mg (63.4%), Selenium: 41.47µg (59.24%), Vitamin K: 48.01µg (45.72%), Vitamin B6: 0.89mg (44.37%), Vitamin A: 1934.19IU (38.68%), Phosphorus: 358.29mg (35.83%), Vitamin B5: 1.77mg (17.69%), Potassium: 541.62mg (15.47%), Calcium: 151.99mg (15.2%), Vitamin B2: 0.24mg (13.93%), Vitamin B1: 0.15mg (10.29%), Magnesium: 39.74mg (9.93%), Zinc: 1.39mg (9.23%), Vitamin E: 1.1mg (7.33%), Iron: 1.31mg (7.28%), Vitamin B12: 0.42µg (6.93%), Vitamin C: 5.7mg (6.91%), Folate: 25.52µg (6.38%), Manganese: 0.12mg (5.95%), Copper: 0.06mg (3.24%), Fiber: 0.71g (2.84%), Vitamin D: 0.22µg (1.44%)