



Mushroom Melt Stuffed Chicken

READY IN



105 min.

SERVINGS



12

CALORIES



488 kcal

SIDE DISH

Ingredients

- ☐ 24 slices bacon
- ☐ 12 slices forest ham black
- ☐ 0.3 cup butter
- ☐ 0.5 pound button mushrooms chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 cups havarti-pepper cheese shredded
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 1 large onion finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 12 chicken breast halves boneless skinless

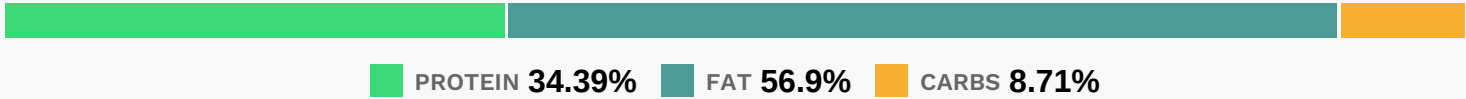
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ broiler
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat butter in a skillet over medium heat; cook and stir the onion and mushrooms with salt and pepper until the mushrooms are dark and juicy, about 5 minutes.
- ☐ Remove skillet from heat and stir in the bread crumbs. Set aside.
- ☐ Place each chicken breast half between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an thickness of about 1/4 inch.
- ☐ Lay a flattened chicken breast out onto a work surface, and place a slice of ham on the chicken. Spoon about 3 tablespoons of the mushroom stuffing onto the chicken breast, and top with about 2 1/2 tablespoons of the Havarti cheese.
- ☐ Roll the chicken breast around the stuffing, wrap 2 slices of bacon firmly around each roll, and secure with toothpicks.
- ☐ Place the rolls into a 9x13-inch baking dish.
- ☐ Bake in the preheated oven until the chicken is no longer pink and the stuffing is melted and hot, about 35 minutes. An instant-read thermometer inserted into the center of a roll should read at least 165 degrees F (74 degrees C).
- ☐ Remove the chicken rolls from the oven, and place an oven rack about 6 inches from the oven's broiler heat source. Turn on the broiler, and broil the rolls until the bacon is brown, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:19.128260767978%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 488.11kcal (24.41%), Fat: 30.4g (46.77%), Saturated Fat: 12.33g (77.09%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.56g (3.48%), Sugar: 2.48g (2.76%), Cholesterol: 143.32mg (47.77%), Sodium: 1117mg (48.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.68%), Vitamin B3: 14.89mg (74.45%), Selenium: 50.95µg (72.78%), Vitamin B6: 1.03mg (51.63%), Phosphorus: 439.32mg (43.93%), Vitamin B5: 2.29mg (22.85%), Vitamin B1: 0.32mg (21.38%), Potassium: 701.57mg (20.04%), Vitamin B2: 0.33mg (19.61%), Zinc: 2.2mg (14.64%), Calcium: 145.37mg (14.54%), Vitamin B12: 0.76µg (12.61%), Magnesium: 47.52mg (11.88%), Iron: 1.6mg (8.91%), Folate: 33.46µg (8.37%), Manganese: 0.17mg (8.36%), Copper: 0.16mg (7.79%), Vitamin A: 337.72IU (6.75%), Vitamin K: 5.34µg (5.09%), Vitamin E: 0.67mg (4.49%), Vitamin C: 3.04mg (3.69%), Fiber: 0.91g (3.65%), Vitamin D: 0.38µg (2.51%)