

Mushroom Stuffed Chicken Rollups

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

Ingredients

- 0.1 cup butter melted
- 0.5 pound mushrooms chopped
- 0.5 teaspoon nutmeg
- 0.3 teaspoon pepper black
- 0.8 cup heavy whipping cream
- 0.5 teaspoon salt
- 1 cup seasoned bread crumbs dry divided
- 6 chicken breast halves boneless skinless

Equipment

- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- To Make Mushroom Filling: Melt 1/4 cup butter in a small skillet over medium heat.
- Add mushrooms, salt and pepper and saute together, stirring, until mushrooms are dark.
- Remove skillet from heat; stir in nutmeg and 3/4 cup bread crumbs.
- Spoon mushroom mixture onto the end of each chicken breast, roll up and fasten with toothpicks.
- Place seam side down in a lightly greased 9x13 inch baking dish.
- Brush 1/8 cup melted butter over breasts, then sprinkle with remaining 1/4 cup bread crumbs.
- Pour cream over all.
- Bake uncovered at 350 degrees F (175 degrees C) for 30 minutes or until chicken is cooked through and no longer pink.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:18.043477991353%

Nutrients (% of daily need)

Calories: 349.88kcal (17.49%), Fat: 18.79g (28.91%), Saturated Fat: 10.26g (64.1%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 14.5g (5.27%), Sugar: 2.82g (3.13%), Cholesterol: 116.31mg (38.77%), Sodium: 632.44mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.77%), Vitamin B3: 14.41mg (72.03%), Selenium: 45.56µg (65.09%), Vitamin B6: 0.93mg (46.55%), Phosphorus: 324.08mg (32.41%), Vitamin B2: 0.41mg (23.87%),

Vitamin B5: 2.38mg (23.83%), Vitamin B1: 0.3mg (20.13%), Potassium: 615.63mg (17.59%), Vitamin A: 628.63IU (12.57%), Manganese: 0.25mg (12.39%), Magnesium: 44.61mg (11.15%), Vitamin K: 10.85µg (10.33%), Copper: 0.21mg (10.29%), Iron: 1.64mg (9.09%), Folate: 36.22µg (9.05%), Zinc: 1.22mg (8.12%), Calcium: 64.75mg (6.47%), Vitamin B12: 0.37µg (6.11%), Fiber: 1.41g (5.65%), Vitamin D: 0.66µg (4.43%), Vitamin E: 0.65mg (4.37%), Vitamin C: 2.87mg (3.48%)