



Parmesan Chicken, Provolone and Ham Bundles

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup water boiling
- ☐ 3 oz provolone cheese
- ☐ 4 oz finely-chopped ham cooked thin
- ☐ 0.5 lb chicken breast uncooked (not breaded)
- ☐ 1 tablespoon butter melted
- ☐ 4 teaspoons parmesan cheese grated

- ☐ 1 cup pasta sauce
- ☐ 2 cups frangelico

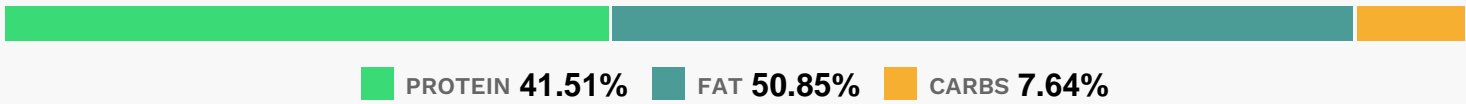
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Heat oven to 375°F (if using dark or nonstick pan, heat oven to 350°F).
- ☐ In medium bowl, stir Bisquick mix, garlic powder and boiling water with fork until dough forms. Divide dough into fourths.
- ☐ Place dough pieces on surface dusted with Bisquick mix; roll in Bisquick mix to coat. Press each piece into 7x5-inch rectangle, 1/4 inch thick.
- ☐ Center 1 provolone cheese slice and 1 ham slice on each rectangle, folding to fit if needed. Top each with 1 chicken tender. Starting at 7-inch side, roll up each bundle. Press ends and seam to seal. Tuck ends under. On ungreased cookie sheet, place seam side down.
- ☐ Brush with butter; sprinkle with Parmesan cheese.
- ☐ Bake 25 to 33 minutes or until meat thermometer inserted in center of chicken reads 170°F and bundles are golden brown.
- ☐ Serve topped with pasta sauce.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.18, Inflammation Score:-5, Nutrition Score:14.086956469909%

Nutrients (% of daily need)

Calories: 243.36kcal (12.17%), Fat: 13.67g (21.03%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.67g (1.33%), Sugar: 2.31g (2.57%), Cholesterol: 75.94mg (25.31%), Sodium: 959.07mg (41.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.22%), Selenium: 29.02µg (41.46%), Vitamin B3: 7.57mg (37.84%), Phosphorus: 357.45mg (35.75%), Vitamin B6: 0.58mg (29.17%), Calcium: 219.66mg (21.97%), Vitamin B12: 0.89µg (14.89%), Vitamin B2: 0.25mg (14.77%), Potassium: 515.72mg (14.73%), Vitamin C: 11.58mg (14.04%), Vitamin B1: 0.21mg (13.91%), Vitamin B5: 1.37mg (13.68%), Zinc: 2.01mg (13.4%), Vitamin A: 637.16IU (12.74%), Magnesium: 38.25mg (9.56%), Vitamin E: 1.17mg (7.83%), Iron: 1.19mg (6.63%), Copper: 0.13mg (6.61%), Manganese: 0.1mg (4.87%), Fiber: 0.95g (3.81%), Folate: 11.26µg (2.82%), Vitamin K: 2.38µg (2.27%), Vitamin D: 0.19µg (1.25%)