



Prosciutto Chicken Rolls

READY IN



35 min.

SERVINGS



8

CALORIES



316 kcal

Ingredients

- ☐ 0.3 cup parsley fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.7 cup italian-seasoned breadcrumbs
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup butter melted
- ☐ 1 cup mascarpone cheese
- ☐ 0.1 teaspoon paprika
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 8 slices pancetta thin

- ☐ 0.3 teaspoon salt
- ☐ 4 ounce skinned
- ☐ 0.3 cup milk whole

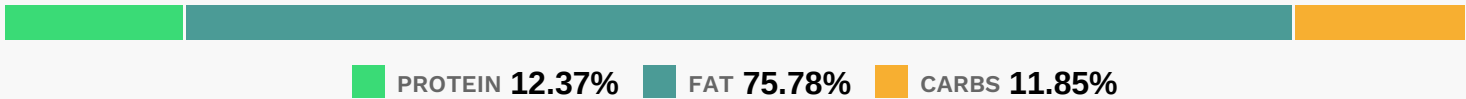
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness.
- ☐ Sprinkle chicken with pepper.
- ☐ Combine mascarpone cheese and next 3 ingredients in a medium bowl; beat at medium speed of an electric mixer.
- ☐ Place 1 slice prosciutto on each chicken breast half; spread cheese mixture evenly over prosciutto.
- ☐ Roll up chicken, jellyroll fashion, starting at short end.
- ☐ Combine breadcrumbs and Parmesan cheese; stir well. Dip each chicken roll in milk; dredge in breadcrumb mixture.
- ☐ Place in a lightly greased 13- x 9- x 2-inch baking dish.
- ☐ Combine melted margarine and lemon juice; drizzle over chicken rolls.
- ☐ Sprinkle evenly with paprika.
- ☐ Bake, uncovered, at 350 for 30 to 35 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:7.7086955619895%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg 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: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 315.58kcal (15.78%), Fat: 26.39g (40.59%), Saturated Fat: 11.85g (74.09%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.69g (3.16%), Sugar: 1.06g (1.18%), Cholesterol: 48.93mg (16.31%), Sodium: 493.79mg (21.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Vitamin K: 35.64µg (33.94%), Vitamin A: 998.94IU (19.98%), Selenium: 11.01µg (15.73%), Calcium: 130.03mg (13%), Vitamin B3: 2.47mg (12.33%), Phosphorus: 110.65mg (11.06%), Vitamin B1: 0.14mg (9.17%), Vitamin B6: 0.16mg (8.2%), Manganese: 0.13mg (6.27%), Vitamin B2: 0.1mg (5.94%), Vitamin C: 4.52mg (5.48%), Zinc: 0.65mg (4.33%), Folate: 16.57µg (4.14%), Iron: 0.74mg (4.13%), Vitamin B12: 0.24µg (3.97%), Potassium: 135.61mg (3.87%), Vitamin B5: 0.38mg (3.82%), Magnesium: 14.05mg (3.51%), Vitamin E: 0.45mg (2.97%), Fiber: 0.6g (2.39%), Copper: 0.04mg (1.99%), Vitamin D: 0.16µg (1.08%)