



WHATSheATE



Rainbow Chicken Roll



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



218 kcal

Ingredients

- ☐ 1 small carrots shredded julienned
- ☐ 4 chicken breast halves
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 2 cups tomatoes jarred
- ☐ 1 bell pepper red julienned
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 8 string beans

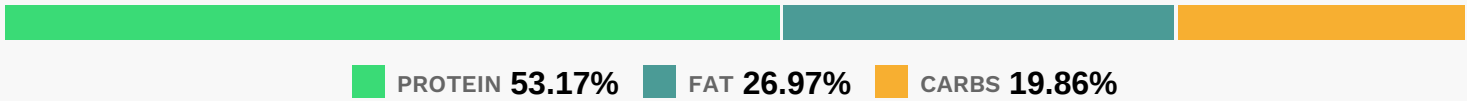
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ rolling pin
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Using a knife, carefully butterfly each chicken breast 3/4 of the way through.
- ☐ Place chicken breast between 2 sheets of plastic wrap and using a meat mallet, rolling pin or heavy bottomed pan pound each breast to 1/4-inch thickness. Repeat with remaining chicken breasts.
- ☐ Lay chicken breasts flat on a cutting board and sprinkle with seasoned salt and Italian seasoning.
- ☐ Place 3 to 4 strips each of the string beans, carrots and red pepper leaving 1/2-inch on the side furthest from you.
- ☐ Sprinkle each with 2 tablespoons cheese.
- ☐ Roll chicken breast up and place seam side down in a medium skillet.
- ☐ Pour marinara sauce over chicken and place in oven.
- ☐ Bake 30 minutes basting with the marinara sauce halfway through cooking.
- ☐ Remove breasts from pan. To serve slice each breast into 4 or 5 slices and fan on the plate with additional marinara sauce on the side.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:24.241304599721%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 217.82kcal (10.89%), Fat: 6.59g (10.14%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 7.59g (2.76%), Sugar: 6.73g (7.47%), Cholesterol: 83.38mg (27.79%), Sodium: 1391.48mg (60.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.44%), Vitamin A: 3763.09IU (75.26%), Vitamin B3: 13.53mg (67.66%), Vitamin C: 50.1mg (60.73%), Selenium: 39.41µg (56.3%), Vitamin B6: 1.1mg (54.81%), Phosphorus: 336.96mg (33.7%), Potassium: 924.97mg (26.43%), Vitamin B5: 2.17mg (21.66%), Vitamin E: 2.69mg (17.96%), Vitamin B2: 0.28mg (16.4%), Magnesium: 59.74mg (14.94%), Vitamin K: 14.92µg (14.21%), Fiber: 3.32g (13.29%), Manganese: 0.25mg (12.68%), Iron: 2.12mg (11.8%), Calcium: 112.12mg (11.21%), Zinc: 1.48mg (9.86%), Copper: 0.19mg (9.74%), Folate: 37.4µg (9.35%), Vitamin B1: 0.14mg (9.34%), Vitamin B12: 0.55µg (9.09%), Vitamin D: 0.17µg (1.13%)