



Roast Chicken-and-Shiitake Strudel

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

Ingredients

- ☐ 1 bacon
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon pepper
- ☐ 8 sheets phyllo dough frozen thawed
- ☐ 4 cups shiitake mushroom caps thinly sliced ()
- ☐ 3 cups skinned shredded
- ☐ 2 tablespoons worcestershire sauce low-sodium

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from skillet. Crumble; set aside.
- ☐ Add mushrooms to bacon fat in skillet; saut 2 minutes. Stir in flour; cook 1 minute.
- ☐ Add sherry and Worcestershire sauce; bring to a boil, and cook 1 minute or until thick and bubbly. Stir in crumbled bacon, chicken, and pepper; cook until thoroughly heated. Stir in onions, and set aside.
- ☐ Place 1 phyllo sheet on work surface (cover remaining dough to keep from drying); lightly coat with cooking spray.
- ☐ Working with 1 phyllo sheet at a time, coat remaining 7 phyllo sheets with cooking spray, placing one on top of the other.
- ☐ Place a sheet of plastic wrap over phyllo, pressing gently to seal sheets together; discard plastic wrap.
- ☐ Spoon chicken mixture along 1 long edge of phyllo, leaving a 2-inch border. Fold over the short edges of phyllo to cover 2 inches of chicken mixture on each end.
- ☐ Starting at long edge with 2-inch border, roll up jelly-roll fashion. (Do not roll tightly, or strudel may split.)
- ☐ Place strudel, seam side down, on a jelly-roll pan coated with cooking spray. Score diagonal slits into top of strudel using a sharp knife. Lightly spray strudel with cooking spray.
- ☐ Bake at 350 for 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:5.84, Inflammation Score:-4, Nutrition Score:14.852608610754%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 213.46kcal (10.67%), Fat: 4.68g (7.19%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 16.58g (6.03%), Sugar: 3.37g (3.74%), Cholesterol: 46.44mg (15.48%), Sodium: 215.53mg (9.37%), Alcohol: 1.54g (100%), Alcohol %: 0.93% (100%), Protein: 20.68g (41.37%), Vitamin B3: 12.58mg (62.91%), Selenium: 26.29µg (37.55%), Vitamin B6: 0.67mg (33.46%), Phosphorus: 271.99mg (27.2%), Vitamin B5: 2.29mg (22.88%), Vitamin B2: 0.39mg (22.77%), Manganese: 0.4mg (19.82%), Potassium: 552.53mg (15.79%), Fiber: 3.31g (13.23%), Zinc: 1.86mg (12.4%), Vitamin B1: 0.18mg (11.8%), Iron: 1.99mg (11.07%), Copper: 0.22mg (11.02%), Magnesium: 44mg (11%), Folate: 37.73µg (9.43%), Vitamin K: 7.31µg (6.96%), Vitamin D: 0.52µg (3.44%), Vitamin B12: 0.19µg (3.2%), Calcium: 20.93mg (2.09%), Vitamin C: 1.14mg (1.38%), Vitamin E: 0.19mg (1.27%)