



Rolled Chicken Dijon

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



23 kcal

Ingredients

- 0.3 cup grey poupon country dijon mustard
- 0.3 cup green onions finely chopped
- 2 Tbsp butter melted
- 1.5 lb chicken breasts boneless skinless
- 1 tsp tarragon leaves dried

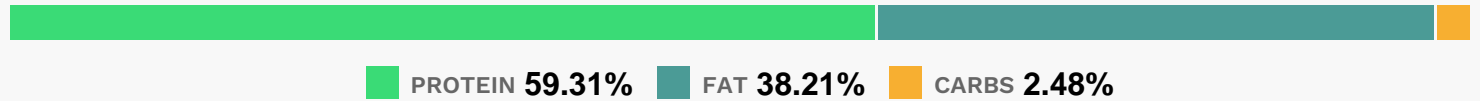
Equipment

- oven
- baking pan
- cutting board

Directions

- Preheat oven to 375F.
- Mix mustard, onions, margarine and tarragon until well blended.
- Place chicken, top-sides down, on large cutting board.
- Spread each breast with 1 Tbsp. of the mustard mixture. Starting at one of the short ends, tightly roll up chicken.
- Place, seam-sides down, in single layer in shallow lightly greased baking dish; brush evenly with the remaining mustard mixture.
- Bake 25 to 30 min. or until chicken is cooked through (170F).

Nutrition Facts



Properties

Glycemic Index:2.98, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.6456521687948%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 22.84kcal (1.14%), Fat: 0.94g (1.45%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.03g (0.04%), Cholesterol: 9.68mg (3.23%), Sodium: 38.73mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin B3: 1.59mg (7.95%), Selenium: 5.31µg (7.59%), Vitamin B6: 0.12mg (5.77%), Phosphorus: 33.71mg (3.37%), Vitamin B5: 0.22mg (2.21%), Potassium: 60.89mg (1.74%), Magnesium: 4.85mg (1.21%), Vitamin K: 1.2µg (1.14%), Vitamin B2: 0.02mg (1.01%)