

Romano Chicken

READY IN



20 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter melted
- 4 chicken breast halves - pounded to 1/2 inch boneless skinless
- 0.5 teaspoon basil leaves dried
- 0.5 teaspoon tarragon dried
- 0.3 cup bread crumbs dry
- 0.5 teaspoon garlic salt
- 0.3 pound ham sliced thin
- 1.5 teaspoons paprika
- 2 tablespoons parmesan cheese grated

- 0.3 pound swiss cheese sliced

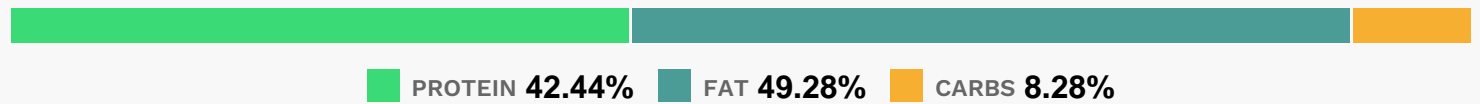
Equipment

- bowl
- frying pan
- toothpicks
- microwave

Directions

- Place chicken breasts on a pan.
- Place Swiss cheese and ham slices on top and roll up, securing with toothpicks if necessary. In a small bowl combine the Parmesan cheese, paprika, garlic salt, tarragon, basil and bread crumbs.
- Mix together and dip rollups in mixture to coat.
- Drizzle with melted butter and cook on High in microwave for 4 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:13.508695436561%

Nutrients (% of daily need)

Calories: 255.62kcal (12.78%), Fat: 13.74g (21.13%), Saturated Fat: 6.54g (40.89%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.7g (1.71%), Sugar: 0.43g (0.48%), Cholesterol: 83.97mg (27.99%), Sodium: 629.08mg (27.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.23%), Selenium: 36.25µg (51.78%), Vitamin B3: 9.18mg (45.91%), Vitamin B6: 0.67mg (33.69%), Phosphorus: 330.48mg (33.05%), Calcium: 204.6mg (20.46%), Vitamin B1: 0.22mg (14.97%), Vitamin B12: 0.89µg (14.83%), Vitamin B5: 1.3mg (12.95%), Zinc: 1.9mg (12.65%), Vitamin B2: 0.21mg (12.62%), Potassium: 380.26mg (10.86%), Vitamin A: 506.08IU (10.12%), Magnesium: 34.69mg (8.67%), Iron: 1mg (5.56%), Manganese: 0.1mg (5.07%), Vitamin E: 0.55mg (3.64%), Copper: 0.07mg (3.37%), Folate: 12.83µg (3.21%), Vitamin K: 2.83µg (2.7%), Fiber: 0.49g (1.95%), Vitamin D: 0.22µg (1.44%), Vitamin C: 0.99mg (1.2%)