



Savory Roll Ups

READY IN



45 min.

SERVINGS



4

CALORIES



509 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 eggs beaten
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 4 slices jarlsberg cheese thick
- ☐ 2 tablespoons olive oil
- ☐ 4 chicken breasts boneless skinless

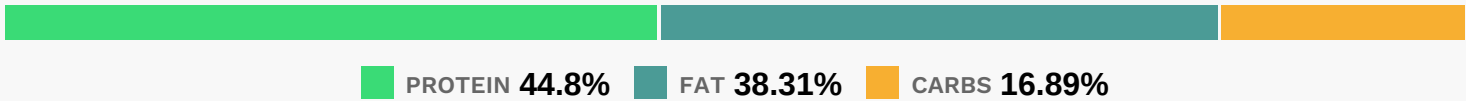
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Pound the chicken breasts to about 1/8 inch thickness. In a shallow plate or bowl, mix together the bread crumbs and parsley.
- ☐ Place a slice of cheese on each breast, roll up tightly, then dip into the egg and then the bread crumb mixture. (Note: Hold roll closed; after dipping, you will see that it begins to stay together).
- ☐ In a large skillet, saute garlic in olive oil.
- ☐ Add roll ups and brown quickly, just enough for the chicken to have a crisp outer coating.
- ☐ Remove roll ups from skillet and drain on paper towels.
- ☐ Pour 1/2 of the chicken broth into a 9x13 inch baking dish.
- ☐ Add all four roll ups.
- ☐ Bake uncovered in the preheated oven for 45 minutes, basting once with the remaining broth.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:25.151304856591%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:

0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 508.97kcal (25.45%), Fat: 21.04g (32.37%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 19.55g (7.11%), Sugar: 1.75g (1.94%), Cholesterol: 165.34mg (55.11%), Sodium: 848.05mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.37g (110.73%), Selenium: 65.36µg (93.37%), Vitamin B3: 16.1mg (80.48%), Vitamin B6: 1.11mg (55.25%), Vitamin K: 57.83µg (55.08%), Phosphorus: 463.75mg (46.38%), Zinc: 3.8mg (25.33%), Vitamin B12: 1.45µg (24.1%), Vitamin B1: 0.34mg (22.79%), Vitamin B2: 0.38mg (22.27%), Vitamin B5: 1.94mg (19.44%), Iron: 3.49mg (19.38%), Potassium: 663.13mg (18.95%), Magnesium: 63.52mg (15.88%), Manganese: 0.29mg (14.28%), Vitamin E: 1.71mg (11.41%), Folate: 45.22µg (11.3%), Vitamin A: 535.13IU (10.7%), Calcium: 88.31mg (8.83%), Copper: 0.17mg (8.27%), Vitamin C: 5.58mg (6.76%), Fiber: 1.33g (5.32%), Vitamin D: 0.44µg (2.91%)