



Stuffed Chicken Valentino

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

Ingredients

- 0.3 cup chives fresh chopped
- 1 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons olive oil
- 2 tablespoons parmesan cheese grated
- 6 ounce roasted bell peppers red drained
- 4 servings salt and pepper to taste
- 4 tablespoons mozzarella cheese shredded
- 4 chicken breast halves boneless skinless

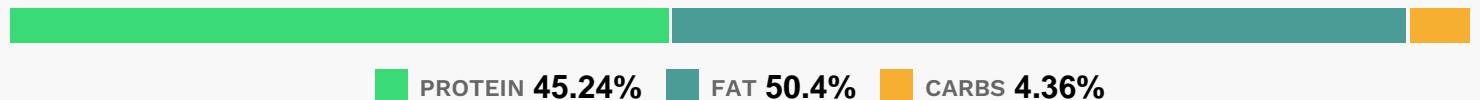
Equipment

- oven
- plastic wrap
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Slice a chicken breast in half lengthwise, leaving the halves attached on one side: opened and laid flat, the chicken breast should resemble a butterfly.
- Place between two sheets of plastic wrap, and pound flat. Repeat with remaining chicken breasts.
- Combine Parmesan cheese with Italian seasoning and chives, and sprinkle over chicken breasts. At one end of each breast, place 3 strips of roasted pepper. Top with 1 tablespoon shredded cheese.
- Roll each breast up, starting on the side with the peppers and cheese. Insert a toothpick in each roll to prevent unrolling.
- Place in prepared baking dish. Season rolls with salt and pepper to taste, and drizzle with olive oil.
- Bake in preheated oven for 15 minutes. Set oven to broil, and continue cooking for 5 to 10 minutes.
- Remove from oven, slice to display the colorful filling, and serve.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:16.086956532105%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 255.31kcal (12.77%), Fat: 14.1g (21.69%), Saturated Fat: 3.97g (24.81%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.22g (0.25%), Cholesterol: 86.18mg (28.73%), Sodium: 1043.83mg (45.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.95%), Vitamin B3: 12.08mg (60.38%), Selenium: 39.72µg (56.75%), Vitamin B6: 0.94mg (46.91%), Phosphorus: 316.19mg (31.62%), Vitamin C: 22.59mg (27.39%), Vitamin B5: 1.67mg (16.68%), Potassium: 509.83mg (14.57%), Calcium: 130.33mg (13.03%), Vitamin K: 13.26µg (12.62%), Vitamin B2: 0.18mg (10.69%), Magnesium: 40.29mg (10.07%), Vitamin B12: 0.6µg (9.95%), Vitamin A: 493.94IU (9.88%), Vitamin E: 1.36mg (9.07%), Zinc: 1.3mg (8.67%), Manganese: 0.13mg (6.32%), Iron: 1.1mg (6.11%), Vitamin B1: 0.09mg (6.06%), Copper: 0.1mg (4.78%), Folate: 16.32µg (4.08%), Fiber: 0.79g (3.14%), Vitamin D: 0.18µg (1.23%)