



Tomato-Stuffed Chicken Rolls

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



188 kcal

Ingredients

- ☐ 0.3 cup cornflake crumbs
- ☐ 1 egg white beaten
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian crushed
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 1 medium tomatoes seeded chopped
- ☐ 1 tablespoon water

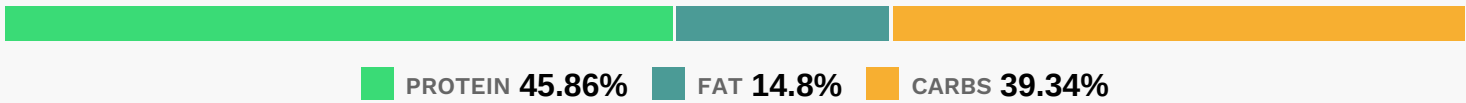
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks
- ☐ meat tenderizer

Directions

- ☐ Place each chicken piece between 2 pieces of plastic wrap. Pound lightly with the flat side of a meat mallet into a rectangle about 1/8 inch thick.
- ☐ Remove plastic wrap.
- ☐ Top chicken with the tomato, Parmesan cheese, the 1/4 teaspoon herb, and the pepper. Fold in long sides of chicken; roll into a spiral. Secure with wooden toothpicks.
- ☐ Spray a 2-quart square baking dish with nonstick coating. Set aside. In a shallow dish combine the egg white and water. In another shallow dish combine the cornflake crumbs and the 1/2 teaspoon herb. Dip each roll into the egg mixture, then roll in crumb mixture to coat.
- ☐ Place rolls in prepared dish.
- ☐ Bake in a 400 degree F. oven for 20 to 25 minutes or until chicken is tender and no longer pink.
- ☐ Remove toothpicks. If desired, slice rolls; serve with Classico® Tomato and Basil pasta sauce over pasta.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:17.28956543881%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 188.12kcal (9.41%), Fat: 3.07g (4.72%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.21g (6.26%), Sugar: 2.75g (3.05%), Cholesterol: 56.61mg (18.87%), Sodium: 300.38mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.78%), Vitamin B3: 12.6mg (63.02%), Vitamin B6: 1.02mg (50.99%), Selenium: 31.24µg (44.63%), Iron: 6.21mg (34.5%), Vitamin B2: 0.43mg (25.5%), Phosphorus: 223.54mg (22.35%), Vitamin B1: 0.33mg (22.1%), Vitamin B12: 1.2µg (19.94%), Folate: 79.45µg (19.86%), Vitamin A: 660IU (13.2%), Vitamin B5: 1.31mg (13.1%), Potassium: 441.49mg (12.61%), Vitamin C: 9.38mg (11.37%), Magnesium: 35.7mg (8.93%), Zinc: 0.86mg (5.74%), Vitamin D: 0.81µg (5.38%), Manganese: 0.1mg (5.22%), Fiber: 1.14g (4.57%), Copper: 0.09mg (4.29%), Vitamin K: 4.3µg (4.09%), Calcium: 35.32mg (3.53%), Vitamin E: 0.41mg (2.74%)