

Italian-Style Chicken Roulade

Artichokes, olives and U.S. provolone are featured in this brightly colored pinwheel.



INGREDIENTS

(Makes 4 servings)

| | |
|------------------------------------|---------------|
| Chicken Breast, boneless, skinless | 4 (200g each) |
| Olive Oil | 30ml |
| Garlic, minced | 12g |
| Onions, chopped | 30g |
| Artichoke Hearts, chopped | 75g |
| Green Olives, chopped | 30g |
| Black Olives, chopped | 30g |
| Oven-Dried Tomatoes, chopped | 50g |
| U.S. Provolone, shredded | 240g |
| Italian Seasoning Blend, dry | 3g |
| Salt & Pepper | To taste |

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 200 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 440mg **18%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 22g

Vitamin A 4% • Vitamin C 4%

Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories 203kcal

Total Fat 10g

Saturated Fat 4g

Trans Fat 0g

Cholesterol 56mg

Total Carbohydrates 5g

Dietary Fiber 1g

Sugars 2g

Protein 22g

Calcium 196mg

Magnesium 32mg

Phosphorus 252mg

Potassium 352mg

Sodium 440mg

Iron 1mg

Vitamin A 202IU

Vitamin C 2mg

PREPARATION

1. **Pre-heat oven to 175°C (350°F).**
2. **On a cutting board pound out chicken breasts to a thickness of .5cm.**
3. **In a medium bowl mix together 20ml of the olive oil, garlic, onions, artichokes, olives, tomatoes, provolone and seasoning.**
4. **Divide cheese mixture into four and spread on each chicken, keeping away from the edges.**
5. **Starting from the small end, roll up the chicken, and tie with cooking twine 3cm apart.**
6. **Brush with remaining olive oil and salt & pepper.**
7. **Place on a baking sheet with parchment paper and bake for 15-20 minutes or until internal temperature reaches 75°C (170°F).**
8. **Take off twine and slice for service presentation.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. Photo Courtesy of Wisconsin Milk Marketing Board. ©2015 U.S. Dairy Export Council.