

PREP TIME: 20 Minutes | COOK TIME: 25 Minutes | TOTAL TIME: 45 Minutes

DIFFICULTY: Intermediate

INTENSITY LEVEL: Medium-High (Requires active assembly and careful handling of hot ingredients)

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Introduction

If you are looking for the ultimate keto comfort food that satisfies your craving for Italian flavors while keeping your macros in check, look no further. These Keto Mozzarella Garlic Butter Chicken Pinwheels are a culinary masterpiece. Imagine tender, flattened chicken breasts rolled around a core of creamy, melted mozzarella cheese and rich cream cheese, all bathed in a savory garlic butter sauce.

This dish is not just low-carb; it is a flavor explosion. The chicken stays incredibly juicy because it is pan-seared in garlic butter and then baked to perfection. The cheese filling acts

as the “glue” that holds these spirals together, creating a beautiful presentation that looks like you spent hours in the kitchen. Whether you are meal prepping for the week or serving a fancy dinner party, these pinwheels are guaranteed to impress.

Ingredients

For the Chicken:

- 4 large boneless, skinless chicken breasts (about 2 lbs total)
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- Salt and freshly cracked black pepper (to taste)
- 2 tbsp olive oil (for searing)

For the Mozzarella Filling:

- 8 oz full-fat cream cheese, softened to room temperature

- 1 ½ cups shredded low-moisture mozzarella cheese, divided
- ¼ cup finely grated Parmesan cheese
- 3 cloves garlic, minced
- 2 cups fresh spinach, chopped (optional, but recommended for color and nutrients)
- ¼ cup fresh basil or parsley, chopped

For the Garlic Butter Glaze:

- 4 tbsp unsalted butter
 - 3 cloves garlic, minced (or 1 tsp garlic paste)
 - ½ tsp red pepper flakes (optional, for heat)
 - Fresh parsley, chopped for garnish
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Instructions

Phase 1: Preparation (Intensity: Low)

Time: 10 Minutes

1. Preheat and Prep: Preheat your oven to 375°F (190°C). Lightly grease a 9×13 inch baking dish with olive oil or non-stick spray.
2. Prepare the Chicken: Place a chicken breast between two sheets of plastic wrap. Using a meat mallet (or a heavy rolling pin), pound the chicken to an even thickness of about 1/4 inch. Be careful not to pound so hard that you create holes in the meat. Repeat with the remaining breasts.
3. Season: Season both sides of the flattened chicken with salt, pepper, Italian seasoning, garlic powder, onion powder, and smoked paprika. Set aside.

Phase 2: The Filling (Intensity: Medium)

Time: 5 Minutes

1. Mix the Cheese: In a medium mixing bowl, combine the softened cream cheese, 1 cup of the shredded mozzarella (reserve the rest for topping), Parmesan cheese, and minced garlic. Mix until smooth and well incorporated.
2. Add Greens: Fold in the chopped spinach and fresh herbs until evenly distributed.

Phase 3: Assembly and Searing (Intensity: High)

Time: 10 Minutes

Note: This phase requires focus as you are handling raw poultry and hot oil.

1. Spread and Roll: Lay a flattened chicken breast flat on a cutting board. Spread a generous layer (about 2-3 tablespoons) of the cream cheese mixture over the surface of the chicken, leaving a 1/2-inch border around the edges.
2. The Roll: Starting from the short end, tightly roll the chicken up like a jelly roll. Secure the seam with 2-3 toothpicks. Repeat with the remaining chicken breasts.
3. Sear: Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Carefully place the chicken rolls seam-side down into the hot pan. Sear for 2-3 minutes per side until golden brown. *Tip: Do not move the chicken while searing; let it form a crust to seal in the filling.*
4. Transfer: Once seared on all sides, transfer the rolls to the prepared baking dish.

Phase 4: Baking and Glazing (Intensity: Low)

Time: 20 Minutes

1. Bake: Place the baking dish in the preheated oven and bake for 15-20 minutes, or until the internal temperature of the chicken reaches 165°F (74°C).
2. Make the Garlic Butter: While the chicken bakes, melt the butter in a small saucepan over medium heat. Add the minced garlic and red pepper flakes. Sauté for 1-2 minutes

until fragrant. Do not brown the garlic.

3. Add Cheese: Remove the chicken from the oven. Brush the tops generously with the garlic butter. Sprinkle the remaining 1/2 cup of mozzarella cheese over the top of the pinwheels.
4. Broil: Switch the oven to broil (high). Return the dish to the oven for 2-3 minutes, just until the cheese is melted and bubbly. Watch closely to prevent burning.

Phase 5: Rest and Serve (Intensity: Low)

Time: 5 Minutes

1. Rest: Remove from the oven and let the chicken rest for 5 minutes. This allows the juices to redistribute.
 2. Remove Toothpicks: *Crucial Step:* Before serving, carefully remove all toothpicks.
 3. Garnish: Drizzle any remaining garlic butter from the pan over the top. Garnish with fresh parsley.
 4. Slice: Slice each roll into 1-inch thick pinwheels to reveal the spiral of cheese and chicken.
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Nutritional Information

Disclaimer: Nutritional values are estimates and will vary based on specific brands and exact portion sizes.

Per Serving (1 Chicken Breast / approx. 4-5 slices):

- Calories: 580 kcal
- Total Fat: 38g
- Saturated Fat: 20g
- Cholesterol: 210mg
- Sodium: 650mg
- Total Carbohydrates: 4g
- Dietary Fiber: 1g
- Sugars: 2g
- Protein: 54g

Macro Breakdown:

- Fat: 60%
- Protein: 37%
- Carbs: 3%