



Brenda's Pepperoni Chicken Rollups

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch garlic powder
- ☐ 4 slices mozzarella cheese
- ☐ 8 ounces pepperoni sausage chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon penzey's southwest seasoning italian-style
- ☐ 4 chicken breasts boneless skinless
- ☐ 28 ounce spaghetti sauce

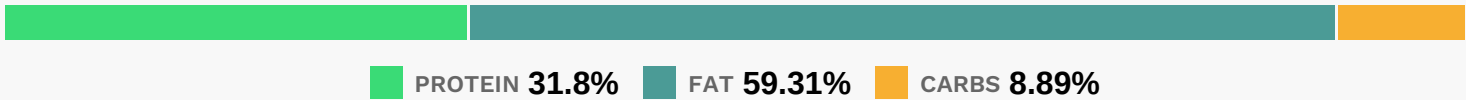
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pound chicken breasts flat with a meat mallet. Season to taste with garlic powder, salt, pepper and Italian style seasoning.
- ☐ Place 4 to 5 slices pepperoni on each breast and top each with a slice of cheese.
- ☐ Roll up breasts and fasten with toothpicks.
- ☐ Fry the pepperoni in a medium skillet until it has released most of its oil.
- ☐ Remove pepperoni from skillet and set aside. Brown chicken rolls in pepperoni oil about 5 to 10 minutes each side.
- ☐ Place chicken in a baking dish.
- ☐ Combine spaghetti sauce and sliced pepperoni and pour over chicken.
- ☐ Bake in the preheated oven for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:3.76, Inflammation Score:-7, Nutrition Score:28.029565168464%

Nutrients (% of daily need)

Calories: 548.62kcal (27.43%), Fat: 36.13g (55.58%), Saturated Fat: 14.49g (90.58%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 9g (3.27%), Sugar: 7.38g (8.2%), Cholesterol: 149.7mg (49.9%), Sodium: 2339.14mg (101.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.59g (87.18%), Selenium: 58.64µg (83.77%), Vitamin B3: 16.63mg (83.17%), Vitamin B6: 1.26mg (63.11%), Phosphorus: 481.61mg (48.16%), Potassium: 1191.01mg (34.03%), Manganese: 0.6mg (30.04%), Vitamin B5: 2.94mg (29.39%), Vitamin B2: 0.47mg (27.68%), Vitamin B12: 1.61µg (26.82%), Vitamin E: 3.8mg (25.34%), Zinc: 3.32mg (22.12%), Vitamin A: 1093.21IU (21.86%), Calcium: 195.41mg

(19.54%), Magnesium: 76.39mg (19.1%), Vitamin B1: 0.28mg (18.87%), Iron: 3.39mg (18.83%), Vitamin C: 15.26mg (18.5%), Copper: 0.32mg (15.84%), Fiber: 3.19g (12.77%), Vitamin K: 12.83µg (12.22%), Folate: 28.4µg (7.1%), Vitamin D: 0.96µg (6.42%)