



Buffalo Chicken Rolls

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



290 kcal

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 4 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 0.5 cup hot sauce
- ☐ 0.5 cup provolone cheese shredded

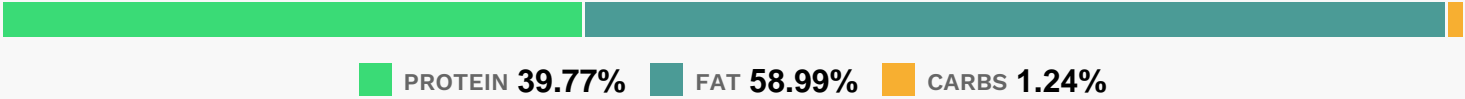
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ In a small bowl, stir together the melted butter and hot sauce.
- ☐ Place chicken breasts in a glass bowl, and pour the sauce over. Turn to coat, cover and refrigerate for 15 to 20 minutes.
- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Remove chicken breasts from the hot sauce, and place 1 tablespoon of cheese in the center of each one.
- ☐ Roll up, and secure with a toothpick. Repeat with remaining breasts, and place them seam side down in a glass baking dish.
- ☐ Cover the dish, and bake for 30 minutes, or until chicken is fork tender. Increase the temperature of the oven to 450 degrees, and place the chicken 8 inches from the heat. Uncover, and bake for 5 minutes, until browned.
- ☐ Garnish with remaining shredded cheese, remove toothpicks, and serve with ranch or blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:14.69695666562%

Nutrients (% of daily need)

Calories: 290.42kcal (14.52%), Fat: 18.78g (28.89%), Saturated Fat: 10.67g (66.71%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.48g (0.53%), Cholesterol: 113.81mg (37.94%), Sodium: 1133.95mg (49.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.97%), Vitamin B3: 11.89mg (59.47%), Selenium: 38.69µg (55.27%), Vitamin B6: 0.91mg (45.3%), Phosphorus: 325.8mg (32.58%), Vitamin C: 23.8mg (28.84%), Vitamin B5: 1.74mg (17.37%), Potassium: 487.43mg (13.93%), Calcium: 136.15mg (13.61%), Vitamin A: 577.56IU (11.55%), Vitamin B2: 0.2mg (11.49%), Magnesium: 35.78mg (8.94%), Zinc: 1.23mg (8.23%), Vitamin B12: 0.49µg (8.18%), Vitamin B1: 0.09mg (5.8%), Vitamin E: 0.61mg (4.09%), Iron: 0.65mg (3.62%), Vitamin K: 2.29µg (2.18%), Copper: 0.04mg (2.16%), Folate: 8.39µg (2.1%), Manganese: 0.03mg (1.66%), Vitamin D: 0.2µg (1.3%)