



WHATSheATE



Chicken-Bacon Rolls stuffed with Prunes (Envueltos de Pollo, Tocineta y Ciruela)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 4 chicken breast halves
- ☐ 4 servings sauce
- ☐ 1 juice of lime
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons mustard
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon paprika
- ☐ 16 prune- cut to pieces pitted
- ☐ 4 servings salt and pepper

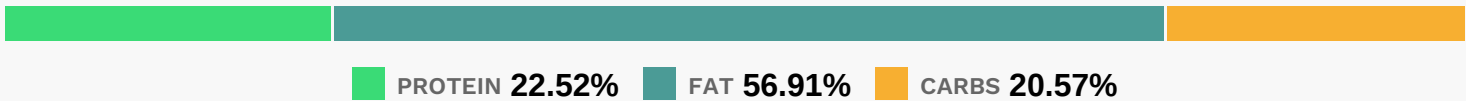
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ toothpicks
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Place chicken breast between 2 sheets of plastic wrap and using a meat mallet pound each breast to 1/4-inch thickness. Repeat with remaining chicken breasts.
- ☐ Lay chicken breasts flat on a cutting board and rub with lime juice.
- ☐ Sprinkle paprika, salt and pepper.
- ☐ Place 4 prunes in the middle of each breast.
- ☐ Roll the chicken, wrap each roll with bacon and secure with toothpicks. Season the outside of the rolls with salt and pepper.
- ☐ Heat the olive oil in skillet over medium-high heat. Brown the chicken evenly all over for 7 minutes or until golden, then reduce the heat to medium and cover the skillet.
- ☐ Let it cook for about 8 minutes more.In every serving plate spoon some mustard sauce and place the chicken on top.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:6.7, Inflammation Score:-7, Nutrition Score:20.960434965465%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 547.04kcal (27.35%), Fat: 35g (53.85%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 24.66g (8.97%), Sugar: 15.97g (17.74%), Cholesterol: 107.24mg (35.75%), Sodium: 801.76mg (34.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.31%), Vitamin B3: 14.54mg (72.68%), Selenium: 48.11µg (68.73%), Vitamin B6: 1.09mg (54.6%), Vitamin K: 50.52µg (48.11%), Phosphorus: 345.85mg (34.58%), Vitamin A: 1242.7IU (24.85%), Potassium: 860.82mg (24.59%), Vitamin B5: 2.12mg (21.23%), Vitamin B1: 0.24mg (15.83%), Fiber: 3.8g (15.21%), Vitamin B2: 0.25mg (14.9%), Magnesium: 58.52mg (14.63%), Vitamin E: 2.09mg (13.94%), Manganese: 0.2mg (10.17%), Zinc: 1.5mg (10.01%), Copper: 0.18mg (9.21%), Iron: 1.52mg (8.43%), Vitamin B12: 0.46µg (7.71%), Vitamin C: 3.89mg (4.72%), Calcium: 36.11mg (3.61%), Folate: 8.95µg (2.24%), Vitamin D: 0.32µg (2.11%)