

Chicken Roll Ups

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



185 min.

SERVINGS



4

CALORIES



581 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices bacon flavored
- 18 ounce barbecue sauce
- 1 cup salad dressing italian-style
- 4 chicken breast boneless skinless

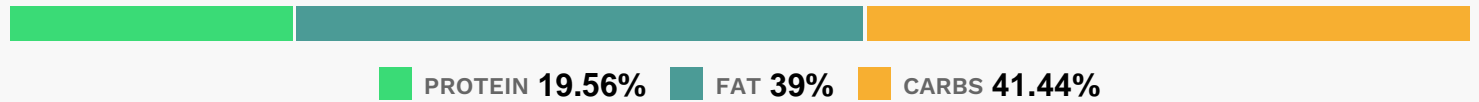
Equipment

- toothpicks
- grill

Directions

- Roll each chicken breast (small end to large end), wrap with bacon slice and secure with toothpick or bamboo spear.
- Place rolled chicken breasts into a shallow glass container and add salad dressing to marinate. Cover and put in refrigerator for 2 hours, turning occasionally.
- Lightly oil grill and preheat to high.
- Remove chicken rolls from marinade and grill over hot coals until bacon browns; move to cooler spot on grill and cook another 25 minutes or until chicken juices run clear. Baste with barbecue sauce, turning and basting for another 10 minutes or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:17.55434803859%

Nutrients (% of daily need)

Calories: 580.99kcal (29.05%), Fat: 24.86g (38.24%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 59.44g (19.81%), Net Carbohydrates: 58.29g (21.2%), Sugar: 48.7g (54.11%), Cholesterol: 86.84mg (28.95%), Sodium: 2174.11mg (94.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.11%), Vitamin B3: 13.51mg (67.55%), Selenium: 43.42µg (62.02%), Vitamin B6: 1.04mg (51.91%), Vitamin K: 35.42µg (33.74%), Phosphorus: 303.31mg (30.33%), Potassium: 806.98mg (23.06%), Vitamin B5: 1.94mg (19.42%), Vitamin E: 2.62mg (17.44%), Magnesium: 51.54mg (12.89%), Vitamin B2: 0.2mg (11.9%), Vitamin B1: 0.17mg (11.61%), Manganese: 0.2mg (9.92%), Iron: 1.48mg (8.21%), Zinc: 1.17mg (7.82%), Copper: 0.14mg (7.14%), Vitamin A: 348.95IU (6.98%), Calcium: 56.49mg (5.65%), Vitamin B12: 0.34µg (5.6%), Fiber: 1.15g (4.59%), Vitamin C: 2.36mg (2.86%), Folate: 7.07µg (1.77%), Vitamin D: 0.2µg (1.34%)