



Creamy Stuffed Chicken Roll-Ups

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp apricot preserves
- 4 slices oscar mayer bacon cooked chopped
- 0.3 cup original barbecue sauce kraft
- 4 oz philadelphia cream cheese softened ()
- 1 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 3 green onions thinly sliced
- 0.3 tsp pepper sauce hot

1 lb chicken breasts boneless skinless

Equipment

frying pan

oven

Directions

Heat oven to 375F.

Pound chicken to 1/4-inch thickness; place, top-sides down, on work surface.

Mix cream cheese, onions, parsley and garlic; spread down centers of chicken breasts.

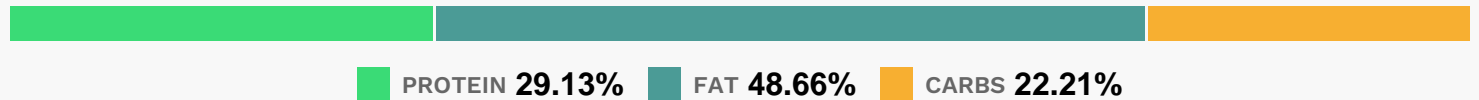
Roll up, starting at one short end of each.

Place, seam-sides down, in single layer in shallow pan.

Mix barbecue sauce, preserves and hot pepper sauce; brush 1/4 cup evenly onto chicken.

Bake 35 min. or until chicken is done (165F), brushing with remaining barbecue sauce mixture the last 5 min. Top with bacon.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3152173848256%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 32.15kcal (1.61%), Fat: 1.73g (2.66%), Saturated Fat: 0.74g (4.66%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.26g (1.4%), Cholesterol: 9.26mg (3.09%), Sodium: 50.22mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin B3: 1.04mg (5.18%), Selenium: 3.51µg (5.02%), Vitamin B6: 0.08mg (3.84%), Vitamin K: 2.84µg (2.7%), Phosphorus: 24.83mg (2.48%), Vitamin B5: 0.16mg (1.57%), Potassium: 48.08mg (1.37%), Vitamin A: 54.19IU (1.08%), Vitamin B2: 0.02mg (1.05%)