



Grilled Chicken Roller

 Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 4 singles kraft
- 1 lb chicken breasts boneless skinless
- 4 slices oscar mayer center cut bacon

Equipment

- toothpicks
- grill

Directions

- Heat grill to medium heat.
- Pound chicken to 1/4-inch thickness.
- Place, smooth sides down, on work surface. Top with Singles; roll up tightly.
- Wrap bacon lengthwise around each roll-up, stretching if necessary to cover exposed Singles; secure with wooden toothpicks.
- Grill 15 to 20 min. or until chicken is done (165F), turning frequently and brushing with dressing for the last 5 min.
- Remove and discard toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7226087210457%

Nutrients (% of daily need)

Calories: 44.66kcal (2.23%), Fat: 3.02g (4.64%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.07g (0.08%), Cholesterol: 12.87mg (4.29%), Sodium: 68.75mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin B3: 1.77mg (8.85%), Selenium: 5.8µg (8.29%), Vitamin B6: 0.13mg (6.3%), Phosphorus: 39.89mg (3.99%), Vitamin B5: 0.24mg (2.42%), Potassium: 65.76mg (1.88%), Vitamin B1: 0.02mg (1.53%), Vitamin B2: 0.02mg (1.14%), Magnesium: 4.51mg (1.13%)