



Grilled Chicken Rolls with Spicy Sauce

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



25

CALORIES



48 kcal

Ingredients

- 0.3 tsp ground pepper red (cayenne)
- 4 slices oscar mayer ham boiled
- 0.3 cup real mayo mayonnaise kraft
- 0.5 cup roasted pepper red sliced
- 4 scallions cut in half
- 1 lb chicken breasts boneless skinless

Equipment

- bowl
- grill

- skewers
- cutting board

Directions

- Preheat grill to medium heat.
- Place chicken, smooth-sides down, on cutting board. Top each evenly with 1 ham slice, red pepper slices and scallions.
- Roll up tightly.
- Cut each roll into 4 slices. Skewer each slice onto wooden skewer, leaving some space in between for even grilling.
- Mix mayo and ground red pepper in small bowl; reserve 2 Tbsp. for dipping.
- Brush chicken with remaining mayo mixture.
- Grill chicken 12 to 15 min. or until chicken is cooked through (170F), turning every 4 min.
- Serve with reserved 2 Tbsp. dipping sauce.

Nutrition Facts

PROTEIN 41.79% **FAT 55.88%** **CARBS 2.33%**

Properties

Glycemic Index:4.56, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.7404348046883%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 47.98kcal (2.4%), Fat: 2.91g (4.48%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.18g (0.07%), Sugar: 0.06g (0.07%), Cholesterol: 15.33mg (5.11%), Sodium: 127.09mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin B3: 2.12mg (10.6%), Selenium: 6.9µg (9.85%), Vitamin B6: 0.16mg (7.98%), Vitamin K: 7.68µg (7.31%), Phosphorus: 49.48mg (4.95%), Vitamin B5: 0.29mg (2.85%), Vitamin B1: 0.04mg (2.71%), Potassium: 90.14mg (2.58%), Vitamin C: 1.89mg (2.3%), Vitamin B2: 0.03mg (1.82%), Magnesium: 6.31mg (1.58%), Zinc: 0.23mg (1.5%), Vitamin B12: 0.07µg (1.13%)