



## Italian Five-Cheese Chicken Roll-Ups

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 oz philadelphia cream cheese softened ()
- 0.1 tsp garlic powder
- 0.3 cup pasilla peppers green finely chopped
- 1 cup italian\* five cheese blend shredded divided kraft finely
- 0.5 tsp oregano leaves dried
- 1 cup classico family favorites pasta sauce traditional
- 1 lb chicken breasts boneless skinless

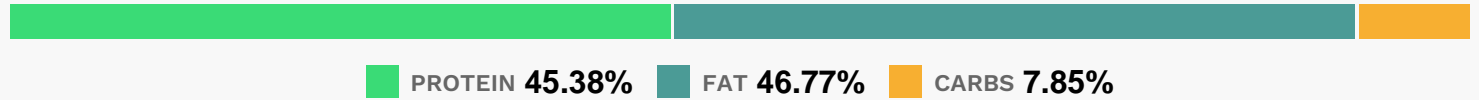
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 400F.
- Mix first 4 ingredients until blended.
- Add 1/2 cup shredded cheese; mix well. Shape into 4 logs.
- Place 1 log on one short end of each chicken breast; press lightly into chicken.
- Roll up tightly, tucking in both ends of each breast around filling to completely enclose filling.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with pasta sauce. Cover.
- Bake 30 min. or until chicken is done (165F). Top chicken with remaining shredded cheese; bake 3 to 5 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:1.84, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.1843478198609%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 22.9kcal (1.14%), Fat: 1.2g (1.85%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.24g (0.26%), Cholesterol: 7.4mg (2.47%), Sodium: 41.6mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin B3: 1mg (5%), Selenium: 3.03µg (4.33%), Vitamin B6: 0.08mg (3.77%), Phosphorus: 21.8mg (2.18%), Vitamin B5: 0.15mg (1.52%), Potassium: 51.24mg (1.46%), Vitamin C: 1.05mg (1.27%)