



Italian-Style Chicken Roll-Ups

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 0.5 cup pasilla peppers green finely chopped
- 4 singles cut in half kraft
- 1 cup classico family favorites pasta sauce traditional
- 1 lb chicken breasts boneless skinless

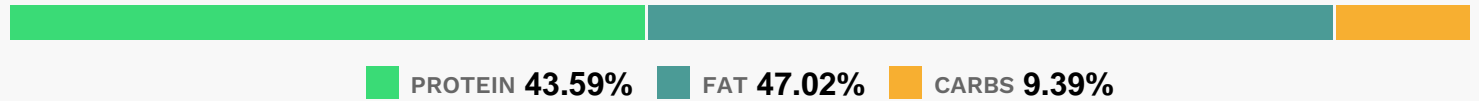
Equipment

- oven
- baking pan

Directions

- Heat oven to 425F.
- Mix cream cheese and peppers until blended.
- Top each chicken breast with 1 Singles piece.
- Spread with cream cheese mixture; roll up.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with pasta sauce. Cover.
- Bake 20 min. or until chicken is done (165F). Top chicken with remaining Singles pieces; bake, uncovered, 3 to 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.807826106963%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 28.39kcal (1.42%), Fat: 1.48g (2.27%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.43g (0.48%), Cholesterol: 11.58mg (3.86%), Sodium: 59.93mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin B3: 1.43mg (7.17%), Selenium: 4.47µg (6.38%), Vitamin B6: 0.11mg (5.53%), Phosphorus: 34.05mg (3.41%), Vitamin C: 2.36mg (2.86%), Vitamin B5: 0.23mg (2.27%), Potassium: 77.01mg (2.2%), Vitamin A: 88.06IU (1.76%), Vitamin B2: 0.03mg (1.52%), Magnesium: 4.92mg (1.23%), Vitamin E: 0.16mg (1.07%)