



Mexi-Chicken Roll Ups

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



525 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 Oz cream cheese
- 0.5 cup salsa verde
- 1 cilantro leaves chopped
- 1 teaspoon cumin
- 0.5 teaspoon garlic powder
- 6 chicken breast
- 3 ounces pkt spinach fresh
- 3 Oz pepper jack cheese shredded

6 ounces tortilla chips crushed

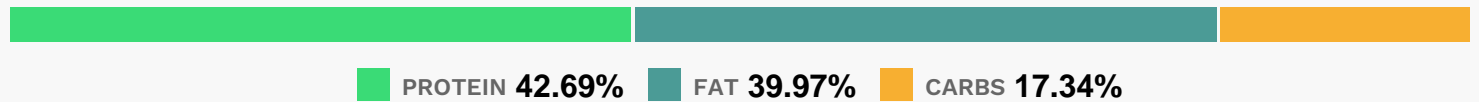
Equipment

oven

Directions

- Flatten out the chicken breasts to about 1/4" thickness.
- Blend together the cream cheese, salsa, cilantro, cumin and garlic powder to form a sauce.
- Spread spoonful of sauce across each breast. Top with spinach leaves and then cheese.
- Roll closed and cover in crushed tortilla chips.
- Bake at 350 covered for 30 to 35 minutes or until chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:30.66%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 524.74kcal (26.24%), Fat: 22.95g (35.3%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 20.48g (7.45%), Sugar: 2.26g (2.51%), Cholesterol: 176.34mg (58.78%), Sodium: 647.01mg (28.13%), Protein: 55.14g (110.28%), Vitamin B3: 23.96mg (119.82%), Selenium: 77.47µg (110.67%), Vitamin B6: 1.8mg (89.95%), Vitamin K: 76.64µg (72.99%), Phosphorus: 631.35mg (63.13%), Vitamin A: 1905.08IU (38.1%), Vitamin B5: 3.71mg (37.07%), Potassium: 1052.23mg (30.06%), Magnesium: 100.8mg (25.2%), Vitamin B2: 0.37mg (21.96%), Calcium: 182.98mg (18.3%), Zinc: 2.32mg (15.48%), Vitamin B1: 0.21mg (13.68%), Vitamin E: 1.94mg (12.92%), Iron: 2.02mg (11.2%), Folate: 44.55µg (11.14%), Vitamin B12: 0.61µg (10.19%), Vitamin C: 7.53mg (9.13%), Manganese: 0.18mg (8.98%), Fiber: 1.91g (7.64%), Copper: 0.12mg (5.99%), Vitamin D: 0.31µg (2.07%)