



Mozzarella Chicken Roll-Ups

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp garlic salt
- 0.3 cup pasilla peppers green finely chopped
- 2 oz philadelphia neufchatel cheese softened ()
- 0.5 tsp oregano leaves dried
- 1 cup classico family favorites pasta sauce traditional
- 1 cup milk mozzarella cheese shredded 2% divided kraft
- 1 lb chicken breasts boneless skinless

Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Mix first 4 ingredients until well blended; stir in 1/2 cup mozzarella.
- Place chicken, top-sides down, on work surface; top with cheese mixture. Starting at one short end, tightly roll up each breast, tucking in ends of chicken to completely enclose filling.
- Place, seam-side down, in 9-inch square baking dish sprayed with cooking spray. Top with pasta sauce; cover.
- Bake 30 min. or until chicken is done (165F).
- Sprinkle with remaining mozzarella; bake, uncovered, 3 to 5 min. or until melted.

Nutrition Facts

PROTEIN 49.26% **FAT 43.2%** **CARBS 7.54%**

Properties

Glycemic Index:2.28, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.3730434823943%

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: 21.3kcal (1.07%), Fat: 1.01g (1.55%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.25g (0.28%), Cholesterol: 8.41mg (2.8%), Sodium: 63.24mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin B3: 1mg (5.02%), Selenium: 3.35µg (4.78%), Vitamin B6: 0.08mg (3.8%), Phosphorus: 30.04mg (3%), Vitamin B5: 0.16mg (1.55%), Potassium: 53.08mg (1.52%), Calcium: 14.15mg (1.41%), Vitamin C: 1.05mg (1.27%), Vitamin B2: 0.02mg (1.22%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 51.68IU (1.03%)