



Rollitos de Pollo en Salsa de Guajillo (Chicken Rolls in Guajillo Pepper Sauce)

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce mushrooms drained sliced canned
- 5 guajillo chile peppers stemmed seeded
- 2 teaspoons cilantro leaves fresh minced
- 4 cloves garlic minced
- 8 ounces ham thinly sliced
- 0.3 onion
- 0.5 cup orange juice

- 0.5 teaspoon oregano dried
- 6 servings salt to taste
- 30 ounce chicken breast halves boneless skinless
- 1 pound tomatoes seeded chopped
- 2 teaspoons vegetable oil
- 2 cups water

Equipment

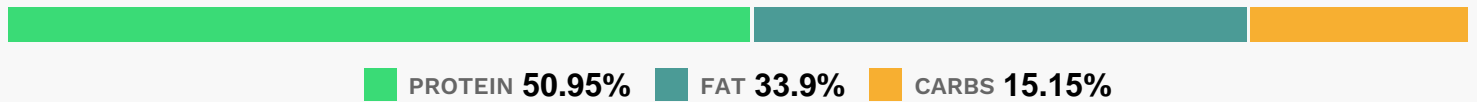
- frying pan
- oven
- blender
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the onion quarter, and garlic clove on a small pan, and place in the oven to roast as oven comes to temperature.
- Remove once golden.
- Meanwhile, heat 2 teaspoons vegetable oil in a skillet over medium heat. Stir in minced garlic, and cook for about a minute until golden brown and fragrant.
- Pour in mushrooms, and cook for a minute or two until the garlic flavor has infused the mushrooms, and they are no longer soggy. Stir in the cilantro, then remove from heat.
- Prepare the rolls by laying each chicken breast onto your work surface. Spoon some of the mushroom filling onto the center of the chicken breast, then cover with the ham.
- Roll into a firm cylinder, and secure with toothpicks.
- Heat 2 teaspoons of vegetable oil in a skillet over medium-high heat.
- Add the chicken rolls; sear until golden brown on all sides, about 5 minutes.
- Place into the preheated oven, and cook until they reach an internal temperature of 160 degrees F (70 degrees C), 15 to 20 minutes.

- While the chicken is baking, bring the water to a boil, and blanch the guajillo chiles until softened, about 30 seconds.
- Place chiles into a blender, along with the tomatoes, roasted onion, and roasted garlic; puree until smooth, using water as needed to make a smooth sauce.
- Heat 2 teaspoons of vegetable oil in a skillet over medium heat.
- Pour in the pureed sauce, and bring to a boil.
- Pour in the orange juice, season with oregano, and salt to taste. Return to a boil, then reduce heat to medium, and simmer for 5 minutes.
- To serve, remove the toothpicks from the chicken rolls, and slice each into 3 or 4 slices. Arrange onto dinner plates, and bathe with sauce.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:25.606087135232%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 323.22kcal (16.16%), Fat: 12.11g (18.64%), Saturated Fat: 3.38g (21.11%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 8.39g (3.05%), Sugar: 6.91g (7.68%), Cholesterol: 114.15mg (38.05%), Sodium: 1139.35mg (49.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.97g (81.94%), Vitamin B3: 18.49mg (92.43%), Selenium: 57.48µg (82.11%), Vitamin B6: 1.38mg (68.8%), Phosphorus: 459.4mg (45.94%), Vitamin A: 1491.52IU (29.83%), Vitamin B5: 2.96mg (29.59%), Vitamin C: 24.28mg (29.43%), Potassium: 1022.16mg (29.2%), Vitamin B1: 0.44mg (29.17%), Vitamin B2: 0.3mg (17.72%), Magnesium: 70.74mg (17.69%), Copper: 0.33mg (16.47%), Zinc: 2.46mg (16.37%), Fiber: 3.79g (15.17%), Vitamin K: 13.38µg (12.75%), Manganese: 0.25mg (12.65%), Iron: 1.98mg (11%), Folate: 36.25µg (9.06%), Vitamin B12: 0.53µg (8.76%), Vitamin E: 1.08mg (7.18%), Calcium: 39.04mg (3.9%), Vitamin D: 0.56µg (3.72%)