



## San Antonio Chicken Roll Ups

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices bacon
- 1 pinch garlic powder
- 6 servings ground pepper black to taste
- 8 jalapeño peppers
- 0.5 pound monterrey jack cheese
- 6 servings salt to taste
- 4 chicken breasts boneless skinless

### Equipment

- plastic wrap
- grill
- skewers

## Directions

- Soak skewers in water for 1 hour.
- Pound breasts between 2 pieces of plastic wrap. It should be about 1/4 inch thick.
- Cut in half lengthwise.
- Sprinkle with salt, pepper, and garlic powder on both sides.
- Cut cheese in to strips to fit lengthwise on pounded breast. Put a slice of jalapeno beside the piece of cheese.
- Roll the breast from the bottom, and set it down with the overlap down. Wrap with a whole piece of bacon around the ends to keep the cheese in as it cooks. Put on soaked wooden skewer.
- Grill over medium heat until done.

## Nutrition Facts

■ PROTEIN **33.27%** ■ FAT **64.53%** ■ CARBS **2.2%**

## Properties

Glycemic Index:16, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:15.294782804406%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 354.91kcal (17.75%), Fat: 25.12g (38.64%), Saturated Fat: 11.57g (72.28%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.96g (1.07%), Cholesterol: 101.21mg (33.74%), Sodium: 702.75mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.28%), Selenium: 35.57µg (50.81%), Vitamin B3: 9.31mg (46.56%), Vitamin B6: 0.75mg (37.55%), Phosphorus: 373.35mg (37.33%), Calcium: 290.03mg (29%), Vitamin C: 23.04mg (27.93%), Vitamin B2: 0.26mg (15.28%), Vitamin B5: 1.38mg (13.76%), Zinc: 1.95mg (12.97%), Potassium: 415.29mg (11.87%), Vitamin A: 525.9IU (10.52%), Vitamin B12: 0.61µg (10.18%), Vitamin B1: 0.14mg (9.5%), Magnesium: 36.3mg (9.08%), Vitamin E: 1.04mg (6.91%), Vitamin K: 4.71µg (4.49%), Iron: 0.73mg (4.06%), Folate:

14.88µg (3.72%), Vitamin D: 0.42µg (2.8%), Copper: 0.05mg (2.75%), Manganese: 0.05mg (2.51%), Fiber: 0.55g (2.2%)