

Smoky Roll Ups

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 12 slices beef smoked
- 3 chicken breast halves boneless skinless thin
- 0.5 cup catsup
- 0.5 cup mayonnaise

Equipment

- oven
- baking pan

toothpicks

Directions

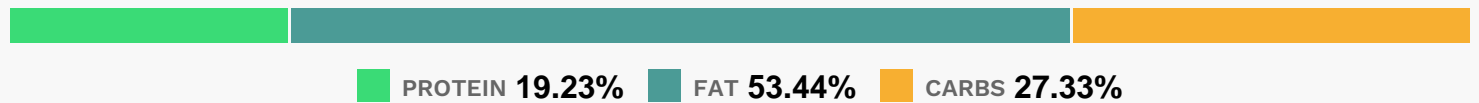
Preheat oven to 350 degrees F (175 degrees C).

Trim the fat from the smoked meat, place a piece on each chicken breast slice and roll. Fasten with toothpicks and place seam side down in a 9x13 inch baking dish.

Mix together ketchup, mayonnaise and jam.

Pour mixture over chicken and bake uncovered in the preheated oven for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:8.1178260665873%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 264.34kcal (13.22%), Fat: 15.89g (24.44%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 18.16g (6.61%), Sugar: 12.92g (14.36%), Cholesterol: 45.42mg (15.14%), Sodium: 374.7mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.73%), Vitamin B3: 6.27mg (31.35%), Vitamin K: 31.18µg (29.69%), Selenium: 19.34µg (27.63%), Vitamin B6: 0.47mg (23.33%), Phosphorus: 131.52mg (13.15%), Vitamin B5: 0.86mg (8.61%), Potassium: 289.56mg (8.27%), Vitamin E: 1.05mg (6.97%), Vitamin B2: 0.1mg (5.91%), Magnesium: 18.61mg (4.65%), Vitamin C: 3.23mg (3.92%), Vitamin A: 172.1IU (3.44%), Zinc: 0.49mg (3.23%), Vitamin B12: 0.18µg (2.97%), Copper: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.74%), Iron: 0.45mg (2.52%), Manganese: 0.04mg (1.88%), Folate: 5.33µg (1.33%), Calcium: 11.62mg (1.16%)