



Southwestern Chicken Roll-Ups

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 cilantro sprigs
- ☐ 6 tablespoons italian-seasoned breadcrumbs
- ☐ 6 tablespoons picante sauce
- ☐ 36 ounce chicken breast halves boneless skinless

Equipment

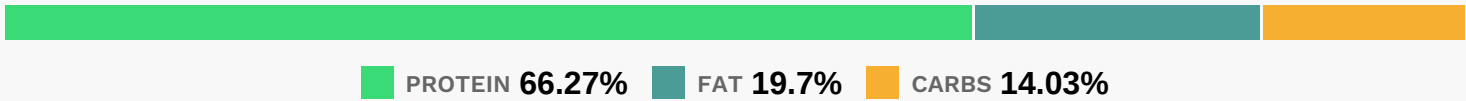
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 35
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Top each breast half with 1 tablespoon cheese, 1 tablespoon picante sauce, and 1 cilantro sprig.
- ☐ Roll up jelly-roll fashion, beginning at narrow end.
- ☐ Dredge chicken rolls in breadcrumbs.
- ☐ Place rolls, seam sides down, on a baking sheet coated with cooking spray; lightly coat rolls with cooking spray.
- ☐ Bake at 350 for 20 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:18.875652017801%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 237.31kcal (11.87%), Fat: 4.99g (7.68%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.17g (2.61%), Sugar: 1.2g (1.33%), Cholesterol: 108.96mg (36.32%), Sodium: 436.79mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.8g (75.6%), Vitamin B3: 18.56mg (92.79%), Selenium: 57.06µg (81.52%), Vitamin B6: 1.32mg (66.11%), Phosphorus: 380.98mg (38.1%), Vitamin B5: 2.53mg (25.3%), Potassium: 704.16mg (20.12%), Vitamin B1: 0.21mg (14.13%), Vitamin B2: 0.22mg (12.94%), Magnesium: 51.75mg (12.94%), Vitamin K: 11.81µg (11.25%), Zinc: 1.17mg (7.81%), Manganese: 0.15mg (7.53%), Iron: 1.22mg (6.8%), Vitamin B12: 0.38µg (6.25%), Vitamin A: 282.09IU (5.64%), Folate: 20.58µg (5.15%), Copper: 0.09mg (4.26%), Vitamin E: 0.59mg (3.96%), Vitamin C: 3.16mg (3.82%), Fiber: 0.83g (3.34%), Calcium: 32.52mg (3.25%), Vitamin D: 0.17µg (1.13%)