



Tomato-Basil Chicken Roll-Ups

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 6 Tbsp basil fresh divided chopped
- 2 green onions finely chopped
- 8 oz italian* five cheese shredded with a touch of philadelphia, divided kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 2 lb chicken breasts boneless skinless

Equipment

- oven

baking pan

Directions

Heat oven to 400F.

Mix cream cheese, onions, 2 Tbsp. basil and 1/2 cup shredded cheese until blended; shape into 8 logs.

Place 1 log on one short end of each chicken breast; press lightly into chicken.

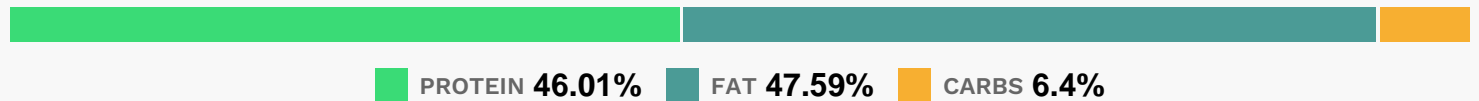
Roll up tightly, tucking in both ends of breast around filling to completely enclose filling.

Place, seam-sides down, in 13x9-inch baking dish sprayed with cooking spray; top with pasta sauce.

Bake 30 min. or until chicken is done (165F). Top with remaining shredded cheese; bake 3 to 5 min. or until melted.

Sprinkle with remaining basil.

Nutrition Facts



Properties

Glycemic Index:174, Glycemic Load:8.63, Inflammation Score:-10, Nutrition Score:64.797826145006%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 2263.67kcal (113.18%), Fat: 120.59g (185.53%), Saturated Fat: 37.3g (233.1%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 29.73g (10.81%), Sugar: 18.02g (20.02%), Cholesterol: 740.49mg (246.83%), Sodium: 3586.62mg (155.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 262.31g (524.62%), Vitamin B3: 98.83mg (494.16%), Selenium: 302.51µg (432.16%), Vitamin B6: 7.29mg (364.58%), Phosphorus: 2155.7mg (215.57%), Vitamin K: 221.04µg (210.51%), Vitamin B5: 14.81mg (148.06%), Potassium: 4775.49mg (136.44%), Vitamin A: 5619.6IU (112.39%), Vitamin B2: 1.45mg (85.58%), Magnesium: 330.19mg (82.55%), Calcium: 744.58mg (74.46%), Vitamin C: 47.93mg (58.09%), Vitamin E: 8.43mg (56.17%), Manganese: 1.01mg (50.71%), Vitamin B1: 0.72mg (48.06%), Iron: 8.56mg (47.57%), Zinc: 7.04mg (46.91%), Copper: 0.85mg (42.67%), Vitamin B12: 2.06µg (34.4%), Folate: 120.63µg (30.16%), Fiber: 6.74g (26.97%), Vitamin D: 0.91µg (6.05%)