



Anniversary Chicken II

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon thick cut
- 0.5 cup stir-fry sauce
- 1 tablespoon olive oil
- 1 onion chopped
- 1 cup parmesan cheese grated
- 1 cup salad dressing ranch-style
- 6 chicken breast halves boneless skinless

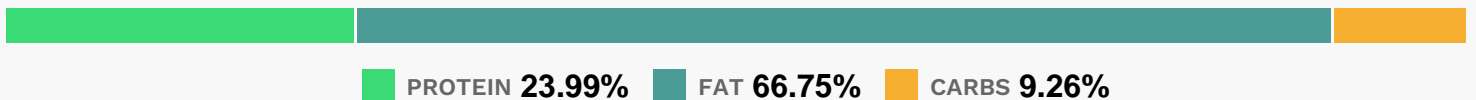
Equipment

- frying pan
- paper towels
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat a large skillet to medium heat and fry bacon until crisp.
- Drain and pat dry with paper towels; set aside. In the same skillet, saute onion in bacon fat until tender.
- Add to bacon and set aside.
- In a separate large skillet, heat oil over medium high heat and brown chicken breasts.
- Place browned chicken in a lightly greased 9x13 inch baking dish; pour stir-fry sauce over chicken, then spoon salad dressing onto each breast.
- Sprinkle with cheese, and top with the bacon mixture.
- Bake in preheated oven for 30 minutes or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:19.738260704538%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 660.25kcal (33.01%), Fat: 48.23g (74.21%), Saturated Fat: 14.76g (92.25%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 14.75g (5.36%), Sugar: 9.57g (10.64%), Cholesterol: 136.72mg (45.57%), Sodium: 1549.5mg (67.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39g (78.01%), Selenium: 58.06µg (82.95%),

Vitamin B3: 14.91mg (74.56%), Vitamin B6: 1.11mg (55.4%), Phosphorus: 463.02mg (46.3%), Vitamin K: 23.92µg (22.78%), Vitamin B5: 2.11mg (21.07%), Vitamin B1: 0.3mg (20.12%), Potassium: 658.14mg (18.8%), Calcium: 166.09mg (16.61%), Zinc: 2.33mg (15.52%), Vitamin B2: 0.24mg (13.92%), Vitamin B12: 0.83µg (13.82%), Vitamin E: 1.82mg (12.15%), Magnesium: 48.08mg (12.02%), Iron: 0.96mg (5.31%), Vitamin A: 220.5IU (4.41%), Copper: 0.08mg (4.18%), Manganese: 0.08mg (3.76%), Vitamin C: 2.87mg (3.48%), Vitamin D: 0.5µg (3.32%), Folate: 9µg (2.25%), Fiber: 0.31g (1.25%)