



## Apple Bacon Baked Chicken

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apple cider
- 0.5 cup apple sauce
- 4 slices bacon halved
- 0.5 cup cranberries dried
- 2 granny smith apples quartered
- 4 servings salt and ground pepper black to taste
- 1 tablespoon olive oil
- 4 chicken breast halves boneless skinless

- 0.5 cup mustard stone-ground
- 2 onions sweet quartered vidalia® (such as )

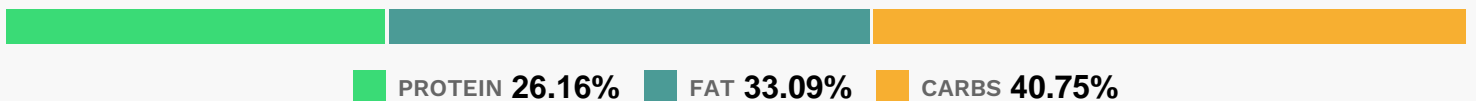
## Equipment

- bowl
- oven
- whisk
- baking pan
- kitchen thermometer
- aluminum foil

## Directions

- Soak cranberries in apple cider in a bowl until cranberries are rehydrated, 2 to 6 hours.
- Preheat oven to 425 degrees F (220 degrees C). Coat bottom of a baking dish with olive oil.
- Arrange chicken breasts in the prepared baking dish; sprinkle with salt and black pepper.
- Whisk mustard and applesauce together in a small bowl; spoon over chicken breasts.
- Lay two half-slices of bacon atop each chicken breast. Arrange apples and onions around chicken.
- Add cranberries, pouring any remaining apple cider over chicken. Cover dish with aluminum foil.
- Bake in the preheated oven for 40 minutes.
- Remove aluminum foil and continue baking until bacon is crisp and chicken breasts are no longer pink in the center and the juices run clear, about 20 more minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:34.19, Glycemic Load:4.77, Inflammation Score:-7, Nutrition Score:20.377391302067%

## Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.89mg, Epicatechin: 9.89mg, Epicatechin: 9.89mg, Epicatechin: 9.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 29.14mg, Quercetin: 29.14mg, Quercetin: 29.14mg, Quercetin: 29.14mg

## Nutrients (% of daily need)

Calories: 444.06kcal (22.2%), Fat: 16.73g (25.75%), Saturated Fat: 4.18g (26.1%), Carbohydrates: 46.37g (15.46%), Net Carbohydrates: 40.14g (14.6%), Sugar: 34.92g (38.8%), Cholesterol: 86.84mg (28.95%), Sodium: 635.88mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.53%), Selenium: 52.21µg (74.58%), Vitamin B3: 13.28mg (66.4%), Vitamin B6: 1.2mg (59.92%), Phosphorus: 362.25mg (36.23%), Fiber: 6.23g (24.94%), Potassium: 863.82mg (24.68%), Vitamin B5: 2.1mg (21.05%), Manganese: 0.39mg (19.46%), Vitamin B1: 0.29mg (19.43%), Magnesium: 69.57mg (17.39%), Vitamin C: 14.21mg (17.23%), Vitamin B2: 0.23mg (13.34%), Folate: 48.43µg (12.11%), Copper: 0.2mg (10.13%), Vitamin E: 1.49mg (9.93%), Iron: 1.74mg (9.65%), Zinc: 1.4mg (9.31%), Calcium: 70.34mg (7.03%), Vitamin K: 6.77µg (6.44%), Vitamin B12: 0.34µg (5.6%), Vitamin A: 124.62IU (2.49%), Vitamin D: 0.2µg (1.34%)