



Aussie Chicken



Gluten Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut in half
- ☐ 4 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 2 cups colby-monterey jack cheese shredded
- ☐ 0.3 cup plus light
- ☐ 1 tablespoon onion flakes dried
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup honey

- ☐ 0.3 cup mayonnaise
- ☐ 2 teaspoons seasoning salt
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup mustard yellow prepared

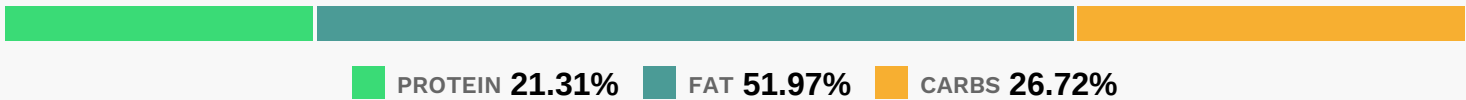
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Rub the chicken breasts with the seasoning salt, cover and refrigerate for 30 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until crisp. Set aside.
- ☐ In a medium bowl, combine the mustard, honey, corn syrup, mayonnaise and dried onion flakes.
- ☐ Remove half of sauce, cover and refrigerate to serve later.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Place the breasts in the skillet and saute for 3 to 5 minutes per side, or until browned.
- ☐ Remove from skillet and place the breasts into a 9x13 inch baking dish. Apply the honey mustard sauce to each breast, then layer each breast with mushrooms and bacon.
- ☐ Sprinkle top with shredded cheese.
- ☐ Bake in preheated oven for 15 minutes, or until cheese is melted and chicken juices run clear.
- ☐ Garnish with parsley and serve with the reserved honey mustard sauce.

Nutrition Facts



Properties

Glycemic Index:61.07, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:26.533043674801%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 820.91kcal (41.05%), Fat: 48.21g (74.17%), Saturated Fat: 18.07g (112.94%), Carbohydrates: 55.77g (18.59%), Net Carbohydrates: 53.93g (19.61%), Sugar: 52.92g (58.8%), Cholesterol: 150.26mg (50.09%), Sodium: 2300.05mg (100%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.49g (88.99%), Selenium: 64.68µg (92.4%), Vitamin B3: 14.3mg (71.48%), Vitamin K: 64.03µg (60.98%), Phosphorus: 599.52mg (59.95%), Vitamin B6: 1.06mg (52.92%), Calcium: 462.24mg (46.22%), Vitamin B2: 0.5mg (29.36%), Vitamin B5: 2.44mg (24.43%), Zinc: 3.32mg (22.13%), Potassium: 708.86mg (20.25%), Vitamin B1: 0.27mg (18.14%), Magnesium: 69.08mg (17.27%), Vitamin B12: 0.89µg (14.77%), Vitamin A: 680.5IU (13.61%), Manganese: 0.23mg (11.32%), Iron: 1.94mg (10.76%), Copper: 0.19mg (9.44%), Vitamin E: 1.37mg (9.13%), Fiber: 1.84g (7.38%), Vitamin C: 5.79mg (7.02%), Folate: 27.61µg (6.9%), Vitamin D: 0.66µg (4.4%)