



Bacon and Blue Cheese Stuffed Chicken Breasts

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



856 kcal

SIDE DISH

Ingredients

- 4 slices bacon smoked crisp cooked finely chopped
- 1 pinch pepper black freshly ground
- 4 ounces cheese blue crumbled (recommended: Maytag or Point Reyes)
- 2 teaspoons chives fresh chopped
- 4 chicken breast bone-in organic
- 8 ounces butter unsalted at room temperature (2 sticks)

Equipment

- bowl
- baking sheet
- oven
- kitchen thermometer
- spatula

Directions

- Watch how to make this recipe.
- In a large bowl, using a rubber spatula, mix the butter, blue cheese, bacon, and chives together until combined. Dollop half of the compound butter along the long edge of a 12-inch piece of parchment or waxed paper.
- Roll into a log, twisting opposite ways on both ends of the paper to create a tightly wrapped log of butter. Refrigerate or freeze for another use.
- Preheat the oven to 425 degrees F.
- Using your fingers, carefully loosen the skin from chicken breasts. Stuff about 1/4 of the remaining blue cheese butter under the skin of each breast; smoothing the skin to evenly distribute the butter over the surface of the breast meat.
- Put the chicken on a rimmed baking sheet and rub any remaining butter over the skin. Season each breast with just a pinch of freshly ground black pepper.
- Roast the chicken breasts, skin sides up, in the center of the oven until skin is crisped and chicken is cooked through, about 35 to 40 minutes. An instant-read thermometer should register 165 degrees F when inserted into the thickest part of the meat.
- Remove from the oven to a serving platter.
- Let stand 10 minutes before serving.
- Cook's Note: This recipe makes 2 logs of compound butter; unused butter can be used to top grilled meats, burgers, or baked or mashed potatoes.

Nutrition Facts

 **PROTEIN 26.92%**  **FAT 72.6%**  **CARBS 0.48%**

Properties

Glycemic Index:26, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:26.403478262865%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 856.2kcal (42.81%), Fat: 68.71g (105.71%), Saturated Fat: 38.63g (241.46%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 1g (0.36%), Sugar: 0.19g (0.21%), Cholesterol: 302.33mg (100.78%), Sodium: 740.08mg (32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.32g (114.65%), Vitamin B3: 24.77mg (123.87%), Selenium: 81.43µg (116.32%), Vitamin B6: 1.8mg (90.04%), Phosphorus: 629.93mg (62.99%), Vitamin B5: 3.9mg (38.97%), Vitamin A: 1731.06IU (34.62%), Potassium: 967.75mg (27.65%), Vitamin B2: 0.37mg (21.88%), Calcium: 176.26mg (17.63%), Magnesium: 69.31mg (17.33%), Vitamin B12: 1µg (16.74%), Zinc: 2.38mg (15.86%), Vitamin B1: 0.22mg (14.46%), Vitamin E: 1.91mg (12.74%), Vitamin D: 1.31µg (8.71%), Vitamin K: 6.21µg (5.91%), Iron: 1.04mg (5.76%), Folate: 21.48µg (5.37%), Copper: 0.09mg (4.59%), Vitamin C: 3mg (3.64%), Manganese: 0.05mg (2.31%)