



Bacon and Goat Cheese Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 slice bacon crumbled cooked
- ☐ 3 ounces goat cheese
- ☐ 2 tablespoons green onions sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

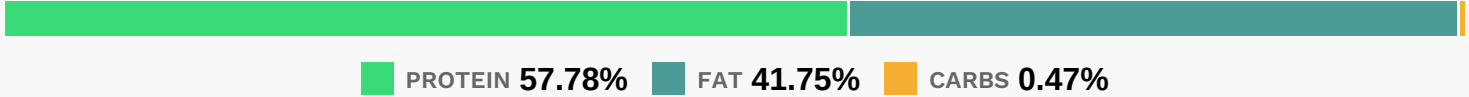
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine green onions, goat cheese, and bacon.
- ☐ Cut a 1-inch-wide slit into the thick end of chicken breast halves, and carefully cut down to center of chicken to form a pocket. Divide cheese mixture evenly among pockets. Secure with wooden picks.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add canola oil.
- ☐ Add chicken to pan; saut 4 minutes. Turn chicken over.
- ☐ Bake at 350 for 12 minutes; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:18.695217337297%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 291.62kcal (14.58%), Fat: 13.1g (20.15%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.26g (0.29%), Cholesterol: 120.62mg (40.21%), Sodium: 600.35mg (26.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.8g (81.59%), Vitamin B3: 18.06mg (90.3%), Selenium: 56.07µg (80.09%), Vitamin B6: 1.34mg (67%), Phosphorus: 420.7mg (42.07%), Vitamin B5: 2.59mg (25.95%), Potassium: 654.87mg (18.71%), Vitamin B2: 0.26mg (15.19%), Magnesium: 49.07mg (12.27%), Copper: 0.21mg (10.4%), Vitamin K: 9.63µg (9.17%), Vitamin B1: 0.14mg (9.12%), Zinc: 1.26mg (8.38%), Vitamin B12: 0.4µg (6.71%), Vitamin E: 1mg (6.67%), Iron: 1.11mg (6.17%), Vitamin A: 302IU (6.04%), Calcium: 41.39mg (4.14%), Manganese: 0.07mg (3.44%), Vitamin C: 2.61mg (3.16%), Folate: 11.3µg (2.82%), Vitamin D: 0.26µg (1.75%)