



## Bacon-and-Sage-Wrapped Chicken Breasts

 Dairy Free

READY IN



56 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 16 sage
- ☐ 8 servings salt
- ☐ 8 chicken breast halves boneless skinless trimmed
- ☐ 8 slices bacon thick-cut

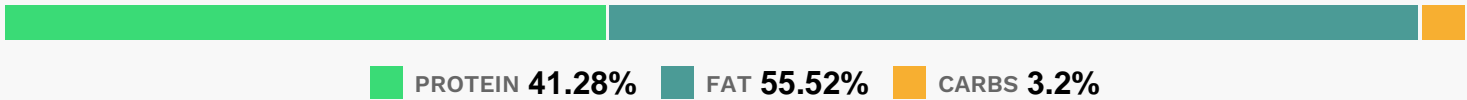
### Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 400F. Lightly mist a 9-by-13-inch baking dish with cooking spray.
- ☐ Sprinkle chicken lightly with salt and place 2 sage leaves on each chicken breast half. Wrap a slice of bacon around each piece of chicken and place chicken pieces in baking dish.
- ☐ Bake until chicken is cooked through and interior registers 165F on an instant-read thermometer, about 40 minutes.
- ☐ Transfer chicken to a platter and cover loosely with foil to keep warm. Skim fat from juices in baking dish and pour them into a small saucepan.
- ☐ Place over medium-high heat and whisk in flour until a paste forms, 1 minute.
- ☐ Whisk in broth and lemon juice and bring to a boil. Reduce heat to medium and cook, whisking constantly, until sauce is smooth and thickened, about 2 minutes.
- ☐ Remove from heat.
- ☐ Whisk any juices that have accumulated on platter into sauce.
- ☐ Pour sauce over chicken and serve.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:13.895217175069%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin:

0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 288.21kcal (14.41%), Fat: 17.34g (26.68%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.22g (0.24%), Cholesterol: 96.08mg (32.03%), Sodium: 567.72mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29g (58.01%), Vitamin B3: 13.53mg (67.63%), Selenium: 43.88µg (62.69%), Vitamin B6: 0.95mg (47.39%), Phosphorus: 295.72mg (29.57%), Vitamin B5: 1.83mg (18.26%), Copper: 0.3mg (15.13%), Potassium: 511.81mg (14.62%), Vitamin B1: 0.18mg (12.32%), Vitamin B2: 0.15mg (9.1%), Magnesium: 34.76mg (8.69%), Zinc: 1.11mg (7.4%), Vitamin B12: 0.42µg (7.01%), Vitamin C: 4.31mg (5.22%), Iron: 0.68mg (3.77%), Vitamin E: 0.38mg (2.55%), Folate: 8.62µg (2.15%), Manganese: 0.04mg (2%), Vitamin D: 0.26µg (1.71%)