



 **95%**  
HEALTH SCORE

## Bacon-Cheddar Chicken and Potatoes

 **Gluten Free**  **Very Healthy**

READY IN



**120 min.**

SERVINGS



**1**

CALORIES



**3087 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 slices oscar mayer bacon
- 1.8 lb chicken thighs bone-in fat removed
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 2 Tbsp parsley fresh chopped
- 1 onion cut into 1/2-inch chunks
- 0.3 cup classic ranch dressing kraft
- 1.5 lb potatoes red cut into 1-inch chunks ( 5)

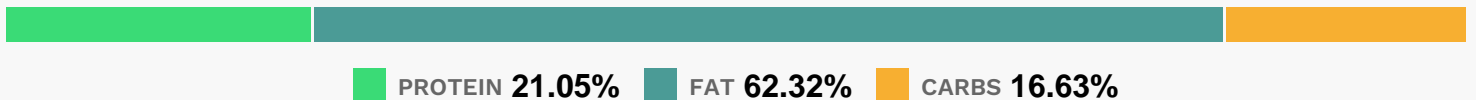
## Equipment

- frying pan
- paper towels
- oven
- baking pan

## Directions

- Pour dressing over chicken in shallow dish. Refrigerate 30 min. to marinate.
- Heat oven to 400F. Cook bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add potatoes and onions to reserved drippings; cook 5 min., stirring occasionally.
- Remove from heat. Crumble bacon.
- Add to potato mixture; mix lightly. Spoon into 13x9-inch baking dish.
- Remove chicken from marinade; discard marinade.
- Place chicken over potato mixture.
- Bake 55 min. to 1 hour or until potatoes are tender and chicken is done (165F). Top with cheese and parsley.

## Nutrition Facts



## Properties

Glycemic Index:86, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:76.261304523634%

## Flavonoids

Apigenin: 16.39mg, Apigenin: 16.39mg, Apigenin: 16.39mg, Apigenin: 16.39mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 26.77mg, Quercetin: 26.77mg, Quercetin: 26.77mg, Quercetin: 26.77mg

## Nutrients (% of daily need)

Calories: 3086.64kcal (154.33%), Fat: 213.24g (328.06%), Saturated Fat: 68.08g (425.5%), Carbohydrates: 128.05g (42.68%), Net Carbohydrates: 114.36g (41.59%), Sugar: 16.69g (18.55%), Cholesterol: 847.9mg (282.63%), Sodium: 2512.84mg (109.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 162.1g (324.19%), Selenium: 181.9µg (259.86%), Vitamin K: 242.09µg (230.56%), Phosphorus: 2273.26mg (227.33%), Vitamin B3: 43.01mg (215.05%), Vitamin B6: 3.94mg (196.99%), Potassium: 4981.29mg (142.32%), Zinc: 16.24mg (108.23%), Vitamin B2: 1.76mg (103.56%), Vitamin B5: 10.35mg (103.53%), Vitamin B12: 6.06µg (100.97%), Calcium: 977.91mg (97.79%), Vitamin C: 76.76mg (93.04%), Vitamin B1: 1.39mg (92.81%), Magnesium: 336.75mg (84.19%), Copper: 1.4mg (69.79%), Manganese: 1.27mg (63.38%), Iron: 10.91mg (60.62%), Fiber: 13.69g (54.75%), Folate: 201.29µg (50.32%), Vitamin A: 2403.95IU (48.08%), Vitamin E: 4.12mg (27.48%), Vitamin D: 1.76µg (11.76%)