

Bacon Mushroom Chicken

 **Gluten Free**

READY IN



75 min.

SERVINGS



2

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon thick
- 2 tablespoons butter melted
- 2 chicken breast halves bone-in with skin
- 1 clove garlic crushed
- 0.3 cup cup heavy whipping cream
- 0.5 cup mushrooms halved
- 1 teaspoon lawry's seasoned salt

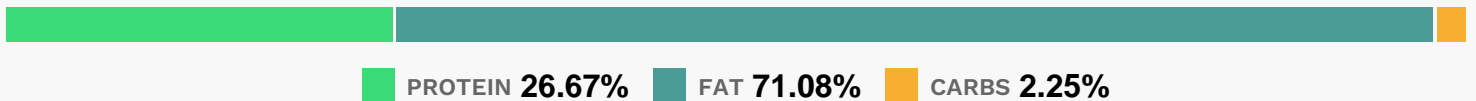
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Pour melted butter into a 9x13 inch baking dish.
- Add chicken, skin side down; sprinkle with seasoning salt and garlic. Turn chicken over, season, and lay bacon strips on top.
- Sprinkle with mushrooms.
- Bake in preheated oven for 45 minutes to 60 minutes, or until chicken is no longer pink and juices run clear.
- Remove chicken, bacon and mushrooms to a platter and keep warm.
- Pour juices from baking dish into a small saucepan and whisk together with cream over low heat until thickened.
- Pour sauce over chicken and serve warm.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:15.338260956433%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 429.61kcal (21.48%), Fat: 33.84g (52.06%), Saturated Fat: 17.62g (110.11%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.37g (1.52%), Cholesterol: 150.56mg (50.19%), Sodium: 1538.97mg (66.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.13%), Vitamin B3: 13.57mg (67.86%), Selenium: 44.06µg (62.95%), Vitamin B6: 0.96mg (47.96%), Phosphorus: 312.53mg (31.25%), Vitamin B5: 2.19mg

(21.92%), Vitamin B2: 0.29mg (17.04%), Vitamin A: 829.36IU (16.59%), Potassium: 575.86mg (16.45%), Vitamin B1: 0.16mg (10.81%), Magnesium: 36.95mg (9.24%), Zinc: 1.14mg (7.63%), Vitamin B12: 0.42µg (6.95%), Copper: 0.12mg (6.24%), Vitamin E: 0.91mg (6.08%), Vitamin D: 0.73µg (4.83%), Iron: 0.7mg (3.87%), Calcium: 33.9mg (3.39%), Vitamin C: 2.51mg (3.04%), Manganese: 0.06mg (2.95%), Folate: 10.26µg (2.56%), Vitamin K: 2.18µg (2.08%), Fiber: 0.27g (1.09%)