



Bacon Wrapped Blue Cheese Stuffed Chicken, Green Beans and Smashed Potatoes with Green Onions

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



519 kcal

SIDE DISH

Ingredients

- 1 handful arugula leaves from bulk bins chopped
- 2 pounds baby potatoes halved
- 1 handful baby spinach leaves from bulk bins chopped
- 4 slices bacon
- 4 servings bell pepper black
- 4 ounces cheese crumbles blue

- 0.3 cup chicken stock see
- 1 pound green beans thin
- 3 tablespoons olive oil extra-virgin divided
- 4 servings salt
- 4 scallions finely chopped
- 4 pieces chicken breasts boneless skinless
- 1 Leaves from 4 thyme sprigs fresh
- 2 vine tomatoes halved lengthwise seeded thinly sliced

Equipment

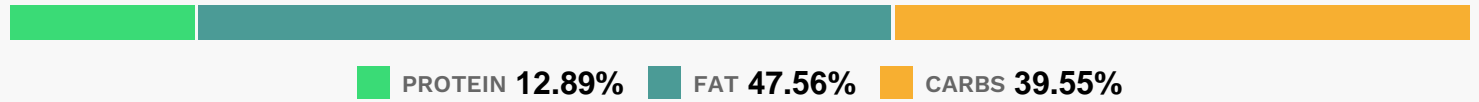
- baking sheet
- oven
- knife
- pot

Directions

- Preheat oven to 425 degrees F.
- Using a small sharp knife cut into the thick end of the chicken and make an incision reaching 2/3 the way down the breast. Loosen up the incision with your fingers to make a hole. Season the chicken with pepper.
- Combine the cheese with arugula and baby spinach and stuff the breasts. Spiral-wrap the breasts with the bacon tightly to cover the meat evenly.
- Place chicken on a nonstick baking sheet and roast 20 to 22 minutes until bacon is crispy and chicken is firm.
- Place the potatoes in a pot and cover with water. Bring to a boil, season water with salt and cook potatoes 15 minutes, or until tender.
- Bring 1-inch water to a boil. Trim beans. Salt water and add beans to water. Simmer 5 minutes, drain and combine with tomatoes, thyme, 1 tablespoon oil, salt and pepper.
- Place the potatoes back in the hot pot after draining. Coat the potatoes with 2 tablespoons oil, the scallions, chicken stock and salt and pepper. Toss for 1 minute.

Serve chicken with green beans and potatoes alongside.

Nutrition Facts



Properties

Glycemic Index:91.94, Glycemic Load:32.31, Inflammation Score:-10, Nutrition Score:31.215217590332%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg, Kaempferol: 4.77mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 519.35kcal (25.97%), Fat: 28.24g (43.45%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 43.45g (15.8%), Sugar: 7.88g (8.75%), Cholesterol: 36.87mg (12.29%), Sodium: 720.99mg (31.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Vitamin K: 131.64µg (125.37%), Vitamin C: 72.49mg (87.87%), Vitamin B6: 1.03mg (51.36%), Vitamin A: 2478.46IU (49.57%), Potassium: 1571.84mg (44.91%), Manganese: 0.79mg (39.36%), Fiber: 9.41g (37.63%), Phosphorus: 345.81mg (34.58%), Folate: 121.14µg (30.28%), Magnesium: 108.55mg (27.14%), Vitamin B3: 5.24mg (26.21%), Vitamin B1: 0.39mg (25.79%), Calcium: 252.35mg (25.24%), Vitamin B2: 0.37mg (21.85%), Iron: 3.88mg (21.58%), Copper: 0.41mg (20.74%), Vitamin E: 2.74mg (18.3%), Vitamin B5: 1.65mg (16.46%), Selenium: 10.71µg (15.3%), Zinc: 2.19mg (14.61%), Vitamin B12: 0.46µg (7.63%), Vitamin D: 0.23µg (1.54%)