



Bacon-Wrapped Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 2 tablespoons butter chilled divided
- ☐ 2 tablespoons approx cream cheese spread divided softened flavored
- ☐ 0.5 teaspoon tarragon dried divided
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 chicken breast boneless skinless

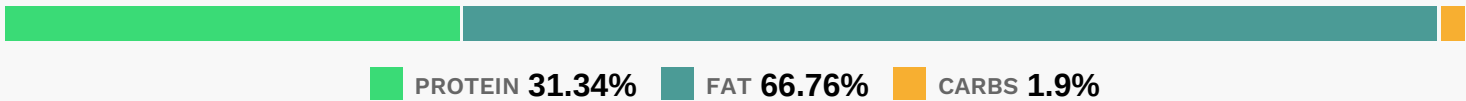
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Sprinkle chicken with salt and pepper.
- ☐ Spread one tablespoon cream cheese over each chicken breast; top with one tablespoon butter and 1/4 teaspoon tarragon.
- ☐ Roll up and wrap with one slice bacon; secure with a toothpick.
- ☐ Place chicken seam-side down on an ungreased baking sheet; bake at 400 for 30 minutes or until juices run clear when chicken is pierced with a fork. Increase temperature to broil; broil 8 to 10 minutes or until bacon is crisp.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:13.1221739274%

Nutrients (% of daily need)

Calories: 362.72kcal (18.14%), Fat: 26.52g (40.81%), Saturated Fat: 13g (81.27%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.51g (0.56%), Cholesterol: 126.86mg (42.29%), Sodium: 1022.71mg (44.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.03%), Vitamin B3: 12.72mg (63.62%), Selenium: 40.76µg (58.23%), Vitamin B6: 0.92mg (45.9%), Phosphorus: 274.3mg (27.43%), Vitamin B5: 1.75mg (17.51%), Potassium: 483.56mg (13.82%), Vitamin A: 566.27IU (11.33%), Vitamin B1: 0.14mg (9.02%), Magnesium: 34.48mg (8.62%), Vitamin B2: 0.14mg (8.4%), Zinc: 0.95mg (6.34%), Vitamin B12: 0.36µg (6%), Manganese: 0.09mg (4.63%), Vitamin E: 0.64mg (4.24%), Iron: 0.7mg (3.9%), Calcium: 36.47mg (3.65%), Copper: 0.05mg (2.35%), Vitamin C: 1.61mg (1.95%), Folate: 6.35µg (1.59%), Vitamin K: 1.62µg (1.54%), Vitamin D: 0.2µg (1.34%)