



Bacon-Wrapped Chicken Stuffed with Spinach and Ricotta



Gluten Free



Popular

READY IN



85 min.

SERVINGS



4

CALORIES



768 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon thick sliced
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon onion powder
- ☐ 0.7 cup parmesan cheese grated

- ☐ 15 ounce ricotta cheese
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breast halves boneless skinless
- ☐ 10 ounce pkt spinach fresh washed

Equipment

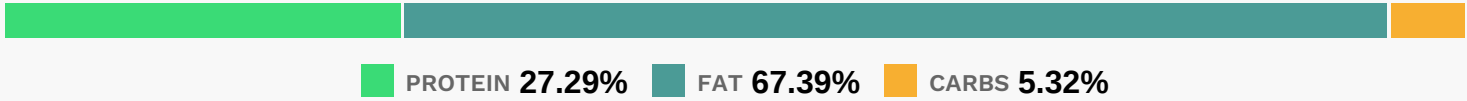
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x13 inch baking dish.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add garlic; cook and stir until it begins to brown, about 30 seconds. Quickly stir in spinach, and continue cooking until the spinach has wilted.
- ☐ Transfer the mixture into a bowl, and set aside to cool.
- ☐ Slice through the chicken breast horizontally to within 1/2 inch of one long edge, then open the meat like a book.
- ☐ Place each opened chicken breast in between two pieces of plastic wrap, and pound with a meat mallet to a thickness of 1/4 inch.
- ☐ Stir the ricotta cheese, Parmesan cheese, Italian seasoning, garlic salt, and onion powder into the cooked spinach until blended. Evenly divide this mixture among the chicken breasts, then roll each into an oblong shape, like a burrito, tucking in the ends. Season to taste with salt and pepper, and sprinkle with Italian seasoning. Wrap each breast with 2 strips of bacon, and secure with toothpicks.
- ☐ Place into the prepared pan.

- ☐
- Bake in preheated oven until the bacon is brown and crispy, and the chicken is no longer pink, 45 to 60 minutes.
- ☐
- Remove from oven, and allow to rest for 5 to 10 minutes before removing toothpicks and serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:39.485652156498%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 768.13kcal (38.41%), Fat: 57.3g (88.15%), Saturated Fat: 22.64g (141.52%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 8.12g (2.95%), Sugar: 0.67g (0.74%), Cholesterol: 188.56mg (62.85%), Sodium: 1529.98mg (66.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.22g (104.44%), Vitamin K: 354.47µg (337.59%), Vitamin A: 7340.77IU (146.82%), Selenium: 72.88µg (104.12%), Vitamin B3: 15.38mg (76.88%), Phosphorus: 653.93mg (65.39%), Vitamin B6: 1.27mg (63.31%), Calcium: 466.83mg (46.68%), Folate: 158.35µg (39.59%), Manganese: 0.76mg (38.03%), Vitamin B2: 0.58mg (33.95%), Potassium: 1119.68mg (31.99%), Magnesium: 114.91mg (28.73%), Vitamin C: 21.82mg (26.45%), Zinc: 3.89mg (25.94%), Vitamin B5: 2.36mg (23.57%), Vitamin B1: 0.35mg (23.37%), Vitamin E: 3.36mg (22.38%), Iron: 3.56mg (19.78%), Vitamin B12: 1.17µg (19.54%), Copper: 0.19mg (9.73%), Fiber: 2.05g (8.21%), Vitamin D: 0.7µg (4.65%)