



Bacon-Wrapped Chicken with Basil Lima Beans



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon thick
- ☐ 9 oz baby lima beans green frozen (such as Giant)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup celery thinly sliced (ribs and leaves)
- ☐ 4 chicken breast
- ☐ 0.3 cup parsley fresh loosely packed
- ☐ 2 oz basil fresh

- ☐ 2 garlic clove
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion red thinly sliced

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ microwave

Directions

- ☐ Preheat oven to 42
- ☐ Process first 4 ingredients and 1 tsp. salt in a blender until smooth. Cook limas according to package directions; cool 5 minutes.
- ☐ Microwave bacon in a single layer between paper towels on a plate 2 minutes or until heated through but still limp. (Do not fully cook.)
- ☐ Sprinkle chicken with pepper and remaining 1/2 tsp. salt. Wrap each breast with 2 pieces of bacon. Cook chicken in 2 Tbsp. hot oil in an ovenproof skillet over medium heat 5 minutes or until bacon begins to brown. Turn chicken.
- ☐ Bake chicken, in skillet, at 425 for 20 minutes or until done.
- ☐ Let stand 5 minutes; thinly slice.
- ☐ Stir together celery, next 2 ingredients, limas, and half of dressing.
- ☐ Serve chicken with lima bean mixture and remaining dressing.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:38.262173891068%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 11.52mg, Apigenin: 11.52mg, Apigenin: 11.52mg, Apigenin: 11.52mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 759.08kcal (37.95%), Fat: 48.75g (75%), Saturated Fat: 10.66g (66.65%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 15.19g (5.52%), Sugar: 2.29g (2.54%), Cholesterol: 173.68mg (57.89%), Sodium: 1461.24mg (63.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.92g (117.83%), Vitamin K: 167.95µg (159.95%), Vitamin B3: 26.32mg (131.58%), Selenium: 82.87µg (118.39%), Vitamin B6: 2.02mg (100.8%), Phosphorus: 644.39mg (64.44%), Manganese: 1.09mg (54.6%), Potassium: 1460.48mg (41.73%), Vitamin B5: 3.78mg (37.83%), Magnesium: 128.12mg (32.03%), Vitamin C: 26.25mg (31.82%), Vitamin A: 1561.58IU (31.23%), Vitamin E: 4.55mg (30.36%), Vitamin B1: 0.38mg (25.41%), Vitamin B2: 0.36mg (21.16%), Iron: 3.61mg (20.04%), Copper: 0.36mg (17.9%), Fiber: 4.46g (17.82%), Zinc: 2.58mg (17.21%), Folate: 56.97µg (14.24%), Vitamin B12: 0.67µg (11.2%), Calcium: 83.27mg (8.33%), Vitamin D: 0.4µg (2.68%)