



WHATSheATE



Bacon Wrapped Jalapeno Popper Stuffed Chicken



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



660 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 4 small chicken breasts thin
- ☐ 4 ounces cream cheese room temperature
- ☐ 4 jalapeños diced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded

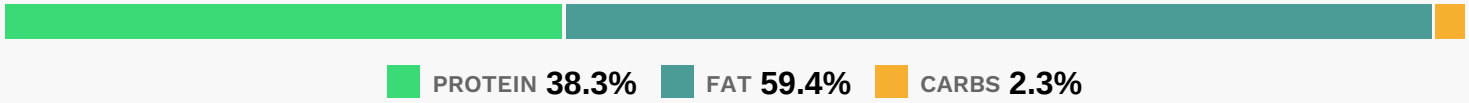
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Lay the chicken flat, season both sides with salt and pepper, place 1/4 of the mixture of the jalapenos, cream cheese and cheddar on the chicken and roll them up.Wrap each chicken breast up in 2 slices of bacon and place them in a baking dish.
- ☐ Bake in a pre-heated 400F oven until cooked, about 25–35 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:27.833912927171%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 659.66kcal (32.98%), Fat: 42.73g (65.73%), Saturated Fat: 18.3g (114.34%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.34g (1.21%), Sugar: 1.74g (1.93%), Cholesterol: 230.56mg (76.85%), Sodium: 1021.42mg (44.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.99g (123.97%), Selenium: 91.65µg (130.93%), Vitamin B3: 25.56mg (127.81%), Vitamin B6: 1.9mg (95.19%), Phosphorus: 701.32mg (70.13%), Vitamin B5: 3.79mg (37.87%), Potassium: 1017.25mg (29.06%), Vitamin B2: 0.46mg (27.13%), Calcium: 242.53mg (24.25%), Vitamin C: 19.32mg (23.41%), Zinc: 3.03mg (20.19%), Vitamin B1: 0.29mg (19.09%), Magnesium: 76.32mg (19.08%), Vitamin A: 898.8IU (17.98%), Vitamin B12: 1.03µg (17.23%), Vitamin E: 1.58mg (10.5%), Iron: 1.13mg (6.28%), Folate: 21.3µg (5.33%), Copper: 0.1mg (5.03%), Vitamin K: 4.32µg (4.11%), Vitamin D: 0.57µg (3.81%), Manganese: 0.06mg (2.94%), Fiber: 0.39g (1.57%)