



Bacon Wrapped Pesto Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 6 slices bacon
- 6 tablespoons basil pesto prepared
- 6 chicken breast halves - pounded flat boneless skinless
- 6 servings salt and ground pepper black to taste
- 0.5 cup vegetable oil

Equipment

- oven
- baking pan

- toothpicks
- kitchen thermometer

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Lay a chicken breast out flat, and sprinkle with salt and black pepper.
- Spread pesto sauce over the chicken breast, and roll the chicken breast in a slice of bacon, securing the roll with toothpicks.
- Lay the rolled chicken breast into a 9x9-inch baking dish. Repeat with remaining chicken breasts.
- Pour the vegetable oil over the chicken breasts.
- Bake in the preheated oven until the chicken is no longer pink inside and the bacon is crisp, about 30 minutes. An instant-read thermometer inserted into the center of a roll should read at least 160 degrees F (70 degrees C).

Nutrition Facts

■ PROTEIN **36.21%** ■ FAT **61.76%** ■ CARBS **2.03%**

Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:12.758260809857%

Nutrients (% of daily need)

Calories: 310.98kcal (15.55%), Fat: 20.85g (32.07%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.48g (0.53%), Cholesterol: 88.04mg (29.35%), Sodium: 416.99mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.5g (54.99%), Vitamin B3: 12.67mg (63.36%), Selenium: 40.59µg (57.98%), Vitamin B6: 0.91mg (45.26%), Phosphorus: 269.14mg (26.91%), Vitamin B5: 1.73mg (17.34%), Potassium: 462.99mg (13.23%), Vitamin B1: 0.13mg (8.88%), Magnesium: 32.19mg (8.05%), Vitamin B2: 0.13mg (7.71%), Vitamin A: 344.99IU (6.9%), Vitamin K: 7.07µg (6.73%), Zinc: 0.92mg (6.11%), Vitamin B12: 0.34µg (5.6%), Vitamin E: 0.61mg (4.05%), Iron: 0.61mg (3.37%), Calcium: 31.34mg (3.13%), Copper: 0.04mg (2.05%), Vitamin C: 1.36mg (1.64%), Manganese: 0.03mg (1.61%), Vitamin D: 0.2µg (1.34%), Folate: 4.54µg (1.13%), Fiber: 0.27g (1.06%)