



Broccoli-Cheddar Chicken Bundles

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 1 cup broccoli florets frozen thawed chopped
- 1 cup cheddar cheese shredded kraft
- 1 lb chicken thighs boneless skinless
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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Equipment

- frying pan

- oven
- toothpicks
- aluminum foil

Directions

- Heat oven to 400F.
- Place chicken, smooth sides down, on work surface; top with broccoli, cheese and bacon.
- Roll up each chicken thigh tightly, starting at one short end; secure with wooden toothpicks.
- Roll in coating mix until evenly coated.
- Place, seam-sides down, in single layer in shallow foil-lined pan.
- Bake 25 to 30 min. or until chicken is done (165F).
- Remove and discard toothpicks before serving.

Nutrition Facts

PROTEIN 36.91% **FAT 60.21%** **CARBS 2.88%**

Properties

Glycemic Index:1.31, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.495217392626%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 31.08kcal (1.55%), Fat: 2.05g (3.16%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.04g (0.05%), Cholesterol: 13.38mg (4.46%), Sodium: 39.01mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Selenium: 3.43µg (4.9%), Phosphorus: 34.5mg (3.45%), Vitamin B3: 0.66mg (3.28%), Vitamin B6: 0.06mg (2.77%), Vitamin K: 2.42µg (2.3%), Vitamin C: 1.8mg (2.19%), Calcium: 19.71mg (1.97%), Vitamin B2: 0.03mg (1.93%), Zinc: 0.28mg (1.84%), Vitamin B12: 0.1µg (1.68%), Vitamin B5: 0.15mg (1.54%), Vitamin B1: 0.02mg (1.11%), Potassium: 36.89mg (1.05%)