



Cheesy Bacon Orchard Chicken

READY IN



65 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fuji apples cut into 1/2-inch-thick slices
- 3.5 lb broiler-fryer chicken
- 1 cup colby & monterey jack cheeses shredded kraft finely
- 0.5 cup flour
- 1 Tbsp thyme leaves fresh chopped
- 2 cloves garlic minced
- 0.5 tsp ground pepper black
- 1 Tbsp olive oil
- 2 Tbsp oscar mayer real bacon bits

- 1 pkt. shake & bake seasoned panko seasoned coating mix
- 0.3 tsp paprika smoked
- 1 lb sweet potatoes cut into 1/2-inch-thick slices (2)

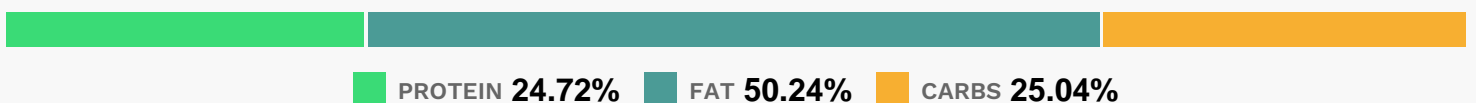
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Heat oil in large heavy ovenproof skillet on medium heat. Meanwhile, combine flour and pepper.
- Add chicken, 1 piece at a time, to flour mixture, turning to evenly coat both sides of each piece.
- Add to skillet; cook 4 min. on each side or until evenly browned on both sides.
- Remove chicken from skillet; set aside.
- Add potatoes, garlic and thyme to skillet; cook 2 min., stirring frequently. Return chicken to skillet; cover with foil.
- Bake 30 min. Meanwhile, combine coating mix, bacon and paprika in medium bowl. Stir in cheese.
- Top chicken with apples and cheese mixture.
- Bake, uncovered, 10 to 15 min. or until potatoes and apples are tender, and chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:15.64, Inflammation Score:-10, Nutrition Score:21.208695733029%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 526.5kcal (26.32%), Fat: 29.31g (45.09%), Saturated Fat: 10.63g (66.44%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 28.6g (10.4%), Sugar: 9.63g (10.7%), Cholesterol: 119.49mg (39.83%), Sodium: 399.19mg (17.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.88%), Vitamin A: 11251.92IU (225.04%), Vitamin B3: 9.79mg (48.94%), Selenium: 25.62µg (36.6%), Phosphorus: 343.98mg (34.4%), Vitamin B6: 0.67mg (33.4%), Vitamin B2: 0.36mg (20.95%), Calcium: 200.08mg (20.01%), Vitamin B5: 1.9mg (19.05%), Manganese: 0.37mg (18.68%), Zinc: 2.7mg (18.01%), Potassium: 614.07mg (17.54%), Fiber: 4.26g (17.04%), Vitamin B1: 0.23mg (15.57%), Magnesium: 57.9mg (14.47%), Iron: 2.6mg (14.42%), Copper: 0.23mg (11.4%), Vitamin C: 8.82mg (10.69%), Folate: 41.4µg (10.35%), Vitamin B12: 0.58µg (9.61%), Vitamin E: 1.12mg (7.45%), Vitamin K: 6.99µg (6.65%), Vitamin D: 0.39µg (2.57%)