



Chicken in a wrap

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breasts
- 50 g goat's cheese soft
- 4 rashers streaky bacon
- 1 handful sage leaves fresh
- 1 tbsp olive oil

Equipment

- oven
- knife

baking pan

Directions

- Skin 2 chicken breasts, then cut a pocket in each side and stuff each with 25g/1oz soft goats cheese.
- Wrap each breast in 2 rashers rindless streaky bacon, tucking in a few fresh sage leaves, then put the breasts in a baking dish and season. Spoon over 1 tbsp olive oil.
- Roast the chicken breasts in a baking dish, uncovered, for 30–35 minutes in a preheated oven (190C/gas 5/fan oven 170C). To check if they are done, insert a sharp knife into the centre of a parcel and leave it for a few seconds, if the chicken is cooked the tip should feel very hot when you pull it out and touch it. The chicken should also feel very firm when pressed with the back of a fork.
- Serve with a gratin of potatoes and leeks.

Nutrition Facts

 **PROTEIN 41.56%** **FAT 57.42%** **CARBS 1.02%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:29.850000039391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 576.38kcal (28.82%), Fat: 35.84g (55.14%), Saturated Fat: 11.88g (74.27%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.22g (0.25%), Cholesterol: 185.18mg (61.73%), Sodium: 645.83mg (28.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.38g (116.75%), Copper: 15.64mg (781.88%), Vitamin B3: 25.45mg (127.24%), Selenium: 81.86µg (116.95%), Vitamin B6: 1.87mg (93.61%), Phosphorus: 603.84mg (60.38%), Vitamin B5: 3.63mg (36.35%), Manganese: 0.57mg (28.42%), Potassium: 951.52mg (27.19%), Vitamin B2: 0.36mg (21.35%), Vitamin B1: 0.3mg (19.91%), Magnesium: 76.67mg (19.17%), Zinc: 2.15mg (14.37%), Vitamin B12: 0.72µg (11.99%), Iron: 2.1mg (11.66%), Vitamin E: 1.67mg (11.14%), Calcium: 81.82mg (8.18%), Vitamin A: 342.33IU (6.85%), Vitamin K: 5.12µg (4.87%), Vitamin D: 0.5µg (3.35%), Vitamin C: 2.71mg (3.29%), Folate: 12.04µg (3.01%), Fiber: 0.36g (1.46%)