



Chicken Walnut Cheese Wrapped in Bacon

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 8 ounces cheese blue crumbled
- 2 chicken breasts boneless skinless halved
- 6 ounces walnut halves

Equipment

- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Pound chicken slices until they are even in thickness and about 1/4-inch thick.
- Spread blue cheese and walnuts on top of each chicken piece.
- Roll chicken breasts over filling.
- Place 2 bacon slices side by side on a work surface.
- Place each chicken roll at one end of bacon slices and roll bacon around chicken; secure with toothpicks. Repeat with remaining chicken rolls and bacon.
- Heat a skillet to medium-high heat and cook bacon-wrapped chicken rolls in the hot skillet until the bacon is browned and crisp, 4 to 5 minutes per side.
- Transfer chicken rolls to preheated oven; bake until chicken is no longer pink in the center and the juices run clear, 25 to 35 minutes.

Nutrition Facts

PROTEIN 19.49% **FAT 76.35%** **CARBS 4.16%**

Properties

Glycemic Index:11.75, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:23.883043527603%

Flavonoids

Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg, Cyanidin: 1.15mg

Nutrients (% of daily need)

Calories: 726.15kcal (36.31%), Fat: 62.93g (96.81%), Saturated Fat: 19.38g (121.13%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 4.87g (1.77%), Sugar: 1.39g (1.55%), Cholesterol: 107.72mg (35.91%), Sodium: 1009.71mg (43.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.15g (72.29%), Manganese: 1.47mg (73.51%), Phosphorus: 548.57mg (54.86%), Selenium: 37.23µg (53.18%), Vitamin B3: 8.72mg (43.59%), Vitamin B6: 0.86mg (43.14%), Copper: 0.73mg (36.63%), Calcium: 346.07mg (34.61%), Magnesium: 100.2mg (25.05%), Zinc: 3.67mg (24.46%), Vitamin B5: 2.27mg (22.72%), Vitamin B2: 0.37mg (21.91%), Vitamin B1: 0.32mg (21.27%), Potassium: 628.85mg (17.97%), Vitamin B12: 1.02µg (17.08%), Folate: 64.35µg (16.09%), Fiber: 2.85g (11.4%), Iron: 1.8mg (10.01%), Vitamin A: 474.35IU (9.49%), Vitamin E: 0.74mg (4.91%), Vitamin D: 0.52µg (3.44%), Vitamin K: 2.62µg (2.5%), Vitamin C: 1.23mg (1.49%)