



 **12%**
HEALTH SCORE

Cream Cheese Stuffed Chicken Breasts

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

Ingredients

- 4 slices bacon
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter unsalted melted
- 3 ounces cream cheese
- 4 tablespoons tarragon fresh finely chopped
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 0.3 cup onion diced

- 0.3 teaspoon salt
- 4 chicken breast boneless skinless

Equipment

- frying pan
- paper towels
- oven
- toothpicks
- meat tenderizer

Directions

- Preheat the oven to 350 F. In a small skillet, sweat the onions over medium-low heat in the butter or olive oil until they are soft and translucent, about 5 minutes.
- Add the garlic and cook for another minute then remove from the heat and allow to cool. In another skillet, saut the bacon over low heat until soft and the fat is beginning to render out, but don't allow it to brown.
- Remove to a paper towel and set aside.
- Place the chicken breasts between two sheets of waxed paper and evenly pound to 1/4-inch thickness, either with the smooth side of a meat mallet or a small, heavy pan. Season on both sides with the salt and pepper. Stir the onion and garlic into the cream cheese until well blended; divide evenly between the chicken by placing a dollop in the center of each breast.
- Roll or fold the chicken around the cream cheese mixture, tucking the ends under and securing with toothpicks.
- Sprinkle the tarragon evenly over the chicken packages, and wrap each with a piece of bacon.
- Place in an 8x11 baking dish and drizzle with the melted butter.
- Bake for 25 to 30 minutes, or until the chicken is done, the bacon is browned and the cream cheese is heated all the way through.
- Serve immediately.

Nutrition Facts



■ PROTEIN 27.52% ■ FAT 66.53% ■ CARBS 5.95%

Properties

Glycemic Index:46.5, Glycemic Load:2.78, Inflammation Score:-6, Nutrition Score:18.681739130435%

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 Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Taste

Sweetness: 11.08%, Saltiness: 100%, Sourness: 17.74%, Bitterness: 19%, Savoriness: 67.49%, Fattiness: 76.11%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 434.25kcal (21.71%), Fat: 32.18g (49.51%), Saturated Fat: 12.56g (78.51%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.73g (2.09%), Sugar: 1.24g (1.38%), Cholesterol: 123.36mg (41.12%), Sodium: 494.76mg (21.51%), Protein: 29.95g (59.89%), Vitamin B3: 13.34mg (66.72%), Selenium: 43.06µg (61.51%), Vitamin B6: 1.12mg (55.83%), Phosphorus: 320.71mg (32.07%), Manganese: 0.63mg (31.7%), Potassium: 725.18mg (20.72%), Vitamin B5: 1.88mg (18.84%), Vitamin B2: 0.28mg (16.49%), Iron: 2.89mg (16.07%), Vitamin A: 797.54IU (15.95%), Magnesium: 59.96mg (14.99%), Calcium: 114.51mg (11.45%), Vitamin E: 1.67mg (11.11%), Vitamin B1: 0.16mg (10.91%), Zinc: 1.34mg (8.91%), Vitamin C: 6.06mg (7.35%), Folate: 27.79µg (6.95%), Vitamin B12: 0.39µg (6.58%), Vitamin K: 5.65µg (5.38%), Copper: 0.1mg (5.11%), Fiber: 0.75g (3%), Vitamin D: 0.31µg (2.04%)