



Creamy Bacon-Wrapped Chicken



Gluten Free



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



1027 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce bacon sliced
- ☐ 6 chicken breast halves – pounded 1 boneless skinless
- ☐ 16 ounce cream cheese softened
- ☐ 2 bunches green onions chopped
- ☐ 6 servings salt and ground pepper black to taste

Equipment

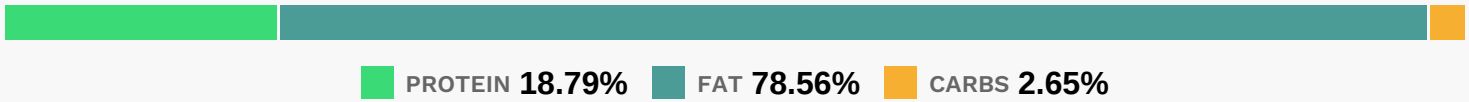
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix cream cheese and green onions in a bowl; season with salt and black pepper.
- ☐ Spread about 1/4 cup of cream cheese mixture over each chicken breast. Starting at the narrow end, roll chicken breasts over filling. Wrap each chicken breast in 4 slices of bacon. Set wrapped chicken on a rack set in a baking dish.
- ☐ Bake in the preheated oven until bacon is browned and an instant-read meat thermometer inserted into the thickest part of a breast reads 160 degrees F (70 degrees C), about 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:24.463043479816%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 1026.72kcal (51.34%), Fat: 88.96g (136.86%), Saturated Fat: 36.02g (225.12%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.53g (2.37%), Sugar: 3.03g (3.37%), Cholesterol: 248.46mg (82.82%), Sodium: 1370.69mg (59.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.88g (95.75%), Selenium: 73.11µg (104.44%), Vitamin B3: 17.98mg (89.89%), Vitamin B6: 1.3mg (64.8%), Phosphorus: 539.03mg (53.9%), Vitamin B1: 0.51mg (34.1%), Vitamin B5: 2.89mg (28.88%), Vitamin B2: 0.42mg (24.47%), Potassium: 840.67mg (24.02%), Vitamin A: 1185.44IU (23.71%), Vitamin B12: 1.15µg (19.14%), Zinc: 2.85mg (19%), Vitamin K: 18.54µg (17.65%), Magnesium: 56.1mg (14.02%), Vitamin E: 1.56mg (10.4%), Calcium: 92.74mg (9.27%), Iron: 1.25mg (6.94%), Copper: 0.12mg (5.78%), Vitamin D: 0.72µg (4.79%), Folate: 16.46µg (4.12%), Vitamin C: 2.86mg (3.47%), Manganese: 0.07mg (3.37%)