



## Down-Home Cheesy Bacon Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 slices oscar mayer bacon chopped
- 2 Tbsp chicken broth fat-free reduced-sodium
- 1 lb chicken breasts boneless skinless
- 4 oz velveeta®
- 4 oz velveeta®

### Equipment

- frying pan
- paper towels

- sauce pan
- slotted spoon

## Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 Tbsp. drippings.
- Add chicken to drippings in skillet; cook on medium heat 6 to 7 min. on each side or until done (165F).
- Meanwhile, combine VELVEETA and chicken broth in small saucepan; cook on medium-low heat 2 to 3 min. or until VELVEETA is melted and sauce is blended, stirring constantly. Spoon over chicken; sprinkle with bacon.

## Nutrition Facts

**PROTEIN 60.56%** **FAT 39.08%** **CARBS 0.36%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.327826122875%

## Nutrients (% of daily need)

Calories: 175.44kcal (8.77%), Fat: 7.32g (11.25%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.01g (0.01%), Cholesterol: 79.83mg (26.61%), Sodium: 234.59mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.5g (51.01%), Vitamin B3: 12.31mg (61.56%), Selenium: 38.66µg (55.23%), Vitamin B6: 0.88mg (43.98%), Phosphorus: 254.79mg (25.48%), Vitamin B5: 1.69mg (16.86%), Potassium: 443.57mg (12.67%), Magnesium: 30.88mg (7.72%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.1mg (6.9%), Zinc: 0.79mg (5.26%), Vitamin B12: 0.3µg (4.94%), Iron: 0.47mg (2.64%), Copper: 0.04mg (1.83%), Vitamin E: 0.26mg (1.75%), Vitamin C: 1.36mg (1.65%), Folate: 4.61µg (1.15%), Vitamin D: 0.16µg (1.05%)