



Easy Honey Mustard Mozzarella Chicken



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut in half
- ☐ 0.8 cup honey
- ☐ 4 servings lemon pepper to taste
- ☐ 0.5 cup mustard prepared
- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 chicken breast halves boneless skinless

Equipment

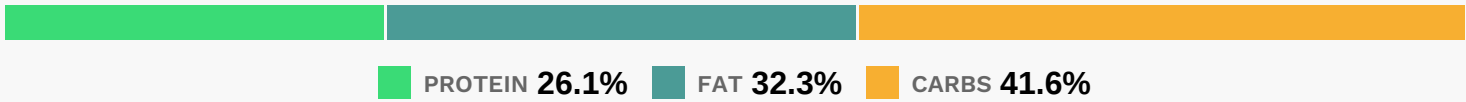
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place the chicken breast halves in a baking dish, and drizzle evenly with honey and mustard.
- ☐ Sprinkle with lemon pepper.
- ☐ Bake chicken 25 minutes in the preheated oven. Top each breast half with 2 bacon slice halves, and sprinkle evenly with cheese. Continue baking 10 minutes, or until chicken juices run clear, bacon is crisp, and cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:27.59, Inflammation Score:-4, Nutrition Score:17.543478255687%

Nutrients (% of daily need)

Calories: 517.03kcal (25.85%), Fat: 18.97g (29.19%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 53.49g (19.45%), Sugar: 52.92g (58.8%), Cholesterol: 108.96mg (36.32%), Sodium: 797.22mg (34.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.5g (69%), Selenium: 56.44µg (80.63%), Vitamin B3: 12.95mg (64.76%), Vitamin B6: 0.95mg (47.61%), Phosphorus: 404.42mg (40.44%), Vitamin B5: 1.91mg (19.1%), Calcium: 172.02mg (17.2%), Vitamin B12: 0.97µg (16.24%), Potassium: 564.01mg (16.11%), Vitamin B2: 0.25mg (15%), Zinc: 2.07mg (13.82%), Magnesium: 54mg (13.5%), Vitamin B1: 0.2mg (13.36%), Manganese: 0.22mg (11.06%), Iron: 1.4mg (7.79%), Fiber: 1.49g (5.96%), Vitamin A: 253.97IU (5.08%), Copper: 0.09mg (4.5%), Vitamin E: 0.47mg (3.15%), Folate: 9.95µg (2.49%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.31µg (2.09%), Vitamin K: 1.5µg (1.43%)