



Grilled Chicken with Rosemary and Bacon



Gluten Free



Dairy Free



Popular

READY IN



26 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon thick
- 4 sprigs rosemary fresh
- 4 teaspoons garlic powder
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

Equipment

- toothpicks
- grill

kitchen thermometer

Directions

- Preheat an outdoor grill for medium–high heat, and lightly oil the grate.
- Sprinkle 1 teaspoon garlic powder on a chicken breast and season with salt and pepper.
- Lay one rosemary sprig on the chicken breast. Wrap the bacon around the chicken to hold the rosemary on. Secure the bacon with a toothpick or an additional thick rosemary stem.
- Cook the chicken breasts until no longer pink in the center and the juices run clear, 8 minutes per side. An instant–read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Stay near the grill to combat any flare ups from the bacon.
- Remove the toothpicks before serving.

Nutrition Facts

PROTEIN 48.65% **FAT 46.92%** **CARBS 4.43%**

Properties

Glycemic Index:1.25, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:12.516521683854%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 230.62kcal (11.53%), Fat: 11.69g (17.98%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.07g (0.08%), Cholesterol: 86.84mg (28.95%), Sodium: 472.34mg (20.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.53%), Vitamin B3: 12.7mg (63.48%), Selenium: 41.3µg (59%), Vitamin B6: 0.95mg (47.74%), Phosphorus: 281.47mg (28.15%), Vitamin B5: 1.76mg (17.55%), Potassium: 498.16mg (14.23%), Vitamin B1: 0.15mg (9.74%), Magnesium: 34.43mg (8.61%), Vitamin B2: 0.14mg (7.95%), Zinc: 1.01mg (6.71%), Vitamin B12: 0.34µg (5.6%), Iron: 0.69mg (3.81%), Copper: 0.06mg (2.81%), Manganese: 0.05mg (2.51%), Vitamin E: 0.33mg (2.2%), Vitamin C: 1.41mg (1.71%), Folate: 6.04µg (1.51%), Vitamin D: 0.2µg (1.34%), Fiber: 0.28g (1.14%)