



WHATSheATE

Honey Glazed Stuffed Chicken



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 4 tablespoons philadelphia cheese and herb cooking creme with herbs
- ☐ 0.5 cup honey
- ☐ 4 chicken breast halves boneless skinless

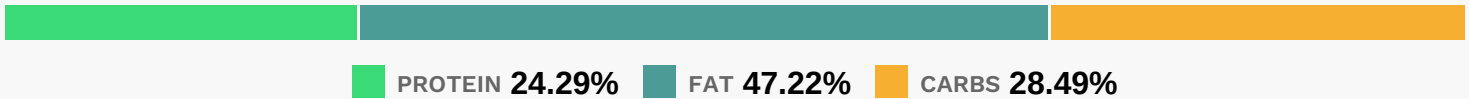
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut a slit in each chicken breast, and stuff with equal amounts Boursin cheese. Wrap each breast with 2 slices bacon. Secure with toothpicks. Arrange on a baking sheet.
- ☐ Bake 25 minutes in the preheated oven, or until chicken juices run clear.
- ☐ Drizzle breasts with equal amounts of honey during the final 5 minutes of cook time.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:18.21, Inflammation Score:-2, Nutrition Score:13.818695532239%

Nutrients (% of daily need)

Calories: 502.31kcal (25.12%), Fat: 26.51g (40.78%), Saturated Fat: 10.57g (66.06%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 35.9g (13.06%), Sugar: 35.3g (39.22%), Cholesterol: 116.66mg (38.89%), Sodium: 515.83mg (22.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.38%), Vitamin B3: 13.61mg (68.03%), Selenium: 45.34µg (64.78%), Vitamin B6: 0.97mg (48.68%), Phosphorus: 302.36mg (30.24%), Vitamin B5: 1.88mg (18.83%), Potassium: 527.26mg (15.06%), Vitamin B1: 0.19mg (12.92%), Vitamin B2: 0.16mg (9.69%), Magnesium: 35.51mg (8.88%), Zinc: 1.27mg (8.45%), Vitamin B12: 0.45µg (7.43%), Iron: 0.78mg (4.31%), Vitamin A: 203.08IU (4.06%), Copper: 0.06mg (3.21%), Manganese: 0.06mg (2.78%), Vitamin E: 0.4mg (2.69%), Calcium: 20.58mg (2.06%), Vitamin D: 0.29µg (1.93%), Vitamin C: 1.57mg (1.9%), Folate: 5.37µg (1.34%)