



Honey Mustard-and-Bacon Smothered Chicken

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 24 oz skinned and boned chicken breasts
- 8 slices bacon fully cooked
- 0.3 cup honey-mustard dressing
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 oz mexican four-cheese blend shredded

1 tablespoon vegetable oil

Equipment

frying pan

oven

Directions

Sprinkle chicken with salt and pepper.

Melt butter with oil in a large skillet over medium-high heat; add chicken, and cook 8 minutes on each side or until done. Reduce heat to medium-low; brush chicken with honey-mustard dressing. Top each chicken breast with 2 bacon slices, and sprinkle with cheese. Cover and cook 2 minutes or until cheese melts.

Shopping Note: Fully cooked bacon slices eliminate the hassle of cooking and cleanup. Purchase several packages when they're on sale, and freeze them up to 3 months to have on hand.

MENU IDEA FOR 4 * Honey Mustard-and-Bacon Smothered Chicken * Steamed green beans * Apple wedges

GROCERIES NEEDED Check staples: salt, pepper, butter, vegetable oil * 4 (6-oz.) skinned and boned chicken breasts * 1 small jar honey-mustard dressing * 8 fully cooked bacon slices (we tested with Ready Crisp) * 1/4 cup (1 oz.) shredded Mexican four-cheese blend * 1 lb. fresh or frozen green beans * 2 apples

Nutrition Facts

PROTEIN 47.49% **FAT 45.12%** **CARBS 7.39%**

Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:19.496521986049%

Nutrients (% of daily need)

Calories: 380.82kcal (19.04%), Fat: 18.26g (28.1%), Saturated Fat: 5.19g (32.46%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.7g (2.44%), Sugar: 3.2g (3.56%), Cholesterol: 131.44mg (43.81%), Sodium: 765.32mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.25g (86.49%), Vitamin B3: 19.43mg (97.16%), Selenium: 63.61µg (90.88%), Vitamin B6: 1.36mg (68.23%), Phosphorus: 451.33mg (45.13%), Vitamin B5: 2.62mg (26.25%), Potassium: 718.39mg (20.53%), Vitamin B2: 0.23mg (13.6%), Vitamin B1: 0.2mg (13.37%), Magnesium: 51.28mg

(12.82%), Zinc: 1.69mg (11.28%), Vitamin B12: 0.61µg (10.09%), Vitamin K: 6.97µg (6.64%), Calcium: 58.66mg (5.87%), Vitamin E: 0.8mg (5.31%), Iron: 0.84mg (4.65%), Vitamin A: 229.53IU (4.59%), Copper: 0.07mg (3.31%), Vitamin C: 2.05mg (2.48%), Manganese: 0.05mg (2.35%), Folate: 7.78µg (1.95%), Vitamin D: 0.27µg (1.8%)