



How to Make an Amazing Bacon Wrapped Stuffed Chicken Breast

 Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



594 kcal

SIDE DISH

Ingredients

- 1 package bacon smoked
- 4 chicken breast boneless skinless
- 4 servings the dressing prepared

Equipment

- oven

Directions

- Heat oven to 375
- Clean and dry chicken breast. (Drying the chicken makes slicing the chicken easier.)
- Slice the chicken breast lengthwise.
- Add the dressing to the chicken breast. Close as best as you can.
- Wrap the bacon around the stuffed chicken breast, layering the bacon edges as you wrap.
- Bake in the oven for 1 hour, or until internal temperature reaches 165F.
- Remove from oven, allow to cool for 5 minutes.
- Serve with your favorite sides.

Nutrition Facts

PROTEIN 26.06% **FAT 72.82%** **CARBS 1.12%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:17.418260869565%

Taste

Sweetness: 11.51%, Saltiness: 100%, Sourness: 11.82%, Bitterness: 19.2%, Savoriness: 73.21%, Fattiness: 69.93%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 593.65kcal (29.68%), Fat: 47.13g (72.51%), Saturated Fat: 15.39g (96.16%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.21g (0.24%), Cholesterol: 145.66mg (48.55%), Sodium: 871.09mg (37.87%), Protein: 37.94g (75.89%), Selenium: 58.42µg (83.46%), Vitamin B3: 16.23mg (81.15%), Vitamin B6: 1.14mg (57.02%), Phosphorus: 396.84mg (39.68%), Vitamin B1: 0.38mg (25.18%), Vitamin B5: 2.22mg (22.25%), Potassium: 637.24mg (18.21%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.78µg (12.99%), Vitamin B2: 0.2mg (11.94%), Magnesium: 42.67mg (10.67%), Iron: 0.87mg (4.86%), Vitamin E: 0.72mg (4.8%), Copper: 0.08mg (3.86%), Vitamin D: 0.56µg (3.7%), Vitamin C: 1.36mg (1.65%), Vitamin A: 75.42IU (1.51%), Manganese: 0.03mg (1.51%), Folate: 4.56µg (1.14%), Calcium: 11.27mg (1.13%)