



## Muenster-Bacon Stuffed Chicken Breast

READY IN



65 min.

SERVINGS



3

CALORIES



753 kcal

SIDE DISH

### Ingredients

- 6 slices bacon
- 2 teaspoons cajun spice (such as Emeril's)
- 1 tablespoon parsley dried
- 1 cup breadcrumbs dry
- 2 large eggs
- 1.5 teaspoons garlic powder
- 0.5 teaspoon pepper black
- 3 slices muenster cheese
- 1 teaspoon onion powder

- 1 teaspoon paprika
- 1 tablespoon hot sauce hot
- 3 slices provolone cheese
- 1.5 teaspoons salt
- 18 ounce chicken breast halves boneless skinless

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- toothpicks
- kitchen thermometer
- skewers

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place bacon in a large, deep, cast iron skillet. Cook over medium high heat until evenly brown, then crumble and set aside, reserving the bacon fat in the skillet.
- Meanwhile, stir together the bread crumbs, parsley, Cajun seasoning, salt, garlic powder, onion powder, paprika, and black pepper in a shallow dish.
- Whisk together the egg and hot pepper sauce in a separate bowl, and set aside.
- Cut a pocket into the side of the chicken breasts using a thin bladed knife. Stuff each breast with a slice of Muenster cheese, and 1/4 of the crumbled bacon; reserve the remaining bacon for later. Secure the chicken breast pockets with a toothpick or skewer, then dip into the egg mixture, letting excess egg drip off before pressing into the bread crumb mixture.
- Reheat the bacon fat in the cast iron skillet over medium heat. Once hot, add the chicken breasts, and cook until golden brown on one side (about 2 minutes), then turn the breasts over, and place the skillet into the preheated oven.

Bake until the chicken is no longer pink in the center, and registers 165 degrees F ( 75 degrees C) on a meat thermometer, 20 to 25 minutes.

When the chicken has cooked, top each piece with a slice of provolone cheese, and sprinkle with the remaining bacon. Return to the oven, and cook until the cheese has melted, about 1 minute more.

## Nutrition Facts

**PROTEIN 33.95%** **FAT 49.46%** **CARBS 16.59%**

### Properties

Glycemic Index:40.33, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:34.606087249258%

### Flavonoids

Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg

### Nutrients (% of daily need)

Calories: 753.13kcal (37.66%), Fat: 40.74g (62.68%), Saturated Fat: 16.95g (105.95%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 27.93g (10.16%), Sugar: 3.17g (3.52%), Cholesterol: 301.89mg (100.63%), Sodium: 2396.51mg (104.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.92g (125.84%), Selenium: 90.09µg (128.7%), Vitamin B3: 22.28mg (111.39%), Vitamin B6: 1.61mg (80.35%), Phosphorus: 789.79mg (78.98%), Calcium: 458.12mg (45.81%), Vitamin B2: 0.7mg (41.24%), Vitamin B1: 0.62mg (41.23%), Vitamin B5: 3.6mg (36.04%), Vitamin A: 1704.72IU (34.09%), Potassium: 995.64mg (28.45%), Vitamin B12: 1.67µg (27.86%), Manganese: 0.54mg (27.14%), Zinc: 4.06mg (27.1%), Iron: 4.09mg (22.72%), Magnesium: 90.82mg (22.7%), Folate: 69.88µg (17.47%), Vitamin K: 15.29µg (14.56%), Copper: 0.23mg (11.59%), Fiber: 2.83g (11.32%), Vitamin E: 1.67mg (11.13%), Vitamin D: 1.28µg (8.51%), Vitamin C: 6.31mg (7.65%)