

Paul's Favorite Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon
- ☐ 4 ounces ham thinly sliced
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 1 pound chicken breast halves boneless skinless cut into chunks

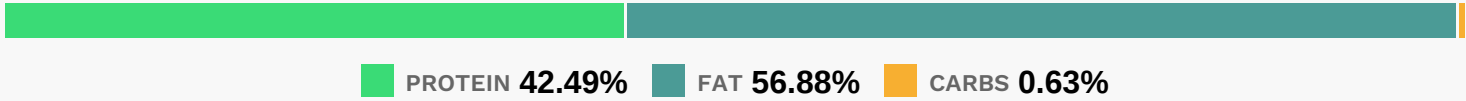
Equipment

- ☐ frying pan
- ☐ kitchen scissors
- ☐ tongs

Directions

- ☐ Place the bacon into a large skillet over medium-high heat, and fry until crisp.
- ☐ Drain most of the grease, leaving enough to coat the bottom of the pan. Hold up the pieces of bacon with tongs, and use scissors to snip it into pieces, letting it fall back into the pan.
- ☐ Tear the ham into small pieces, and sprinkle them in with the bacon. Stir for a minute, then add the chicken pieces. Cook, stirring occasionally, until the chicken is cooked through, about 10 minutes.
- ☐ At the very end, reduce the heat to medium-low, and sprinkle some of the cheese to coat everything. Stir to melt into a sauce that should coat all of the meat.
- ☐ Sprinkle in the rest of the cheese, and cook until everything is coated and cheese has thickened slightly, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:15.746087032816%

Nutrients (% of daily need)

Calories: 341.65kcal (17.08%), Fat: 21.01g (32.32%), Saturated Fat: 7.35g (45.94%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.02g (0.03%), Cholesterol: 115.36mg (38.45%), Sodium: 696.29mg (30.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.31g (70.61%), Selenium: 50.25µg (71.78%), Vitamin B3: 14.2mg (71.01%), Vitamin B6: 1.04mg (51.76%), Phosphorus: 370.75mg (37.08%), Vitamin B1: 0.32mg (21.39%), Vitamin B5: 1.93mg (19.27%), Potassium: 560.54mg (16.02%), Vitamin B2: 0.23mg (13.5%), Zinc: 1.9mg (12.66%), Vitamin B12: 0.62µg (10.34%), Magnesium: 40.08mg (10.02%), Calcium: 58.96mg (5.9%), Iron: 0.79mg (4.39%), Copper: 0.07mg (3.4%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.46µg (3.09%), Vitamin A: 114.96IU (2.3%), Folate: 6.87µg (1.72%), Vitamin C: 1.36mg (1.65%), Manganese: 0.02mg (1.24%)