

# Smothered Bacon Chicken

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**630 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 slices bacon
- 10.8 ounce cream of mushroom soup canned
- 2 chicken breast halves boneless skinless
- 8 ounces cream sour

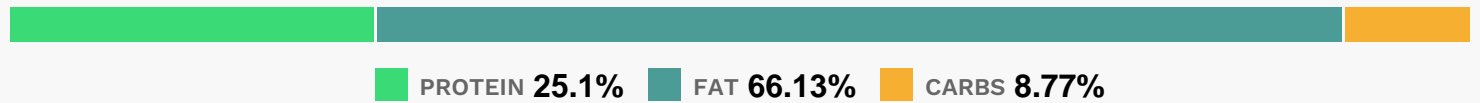
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Wrap each chicken breast in 2 strips of bacon and place in a glass 9x13 inch baking dish.
- In a small bowl, mix the sour cream and soup. Cover the chicken with the sour cream/soup mixture and bake uncovered in the preheated oven for 40 to 50 minutes or until slightly brown on top.
- Let cool and serve on top of hot, cooked rice if desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:21.04913051232%

## Nutrients (% of daily need)

Calories: 629.78kcal (31.49%), Fat: 46.05g (70.84%), Saturated Fat: 19.77g (123.58%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 13.43g (4.88%), Sugar: 3.87g (4.3%), Cholesterol: 175.88mg (58.63%), Sodium: 1537.88mg (66.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.32g (78.64%), Vitamin B3: 15.03mg (75.16%), Selenium: 49.2µg (70.29%), Vitamin B6: 1.07mg (53.54%), Phosphorus: 431.03mg (43.1%), Vitamin B2: 0.43mg (25.33%), Vitamin B5: 2.53mg (25.25%), Manganese: 0.49mg (24.57%), Potassium: 838.96mg (23.97%), Zinc: 3.22mg (21.5%), Copper: 0.37mg (18.71%), Vitamin B1: 0.25mg (16.46%), Vitamin B12: 0.93µg (15.47%), Vitamin A: 756.65IU (15.13%), Magnesium: 56.67mg (14.17%), Calcium: 128.48mg (12.85%), Iron: 1.74mg (9.69%), Vitamin E: 0.83mg (5.57%), Folate: 21.99µg (5.5%), Vitamin C: 2.38mg (2.88%), Vitamin D: 0.29µg (1.93%), Vitamin K: 1.93µg (1.84%), Fiber: 0.3g (1.22%)