



Smothered Chicken Breasts

READY IN



45 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bacon strips
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup colby-monterey jack cheese shredded
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons garlic salt
- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 0.3 teaspoon lemon-pepper seasoning
- ☐ 1 onion sliced

- ☐ 0.1 teaspoon pepper flakes red to taste
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup seasoned bread crumbs
- ☐ 24 ounce chicken breast halves boneless skinless thin

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Mix flour, bread crumbs, garlic salt, and black pepper together in a bowl. Coat each chicken breast with flour mixture.
- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Remove bacon with a slotted spoon, reserving bacon drippings; drain bacon on paper towels.
- ☐ Cook and stir coated chicken breasts in the bacon drippings until chicken is no longer pink in the center and juices run clear, about 5 minutes per side; remove and keep warm.
- ☐ Cook and stir onion, lemon-pepper seasoning, Italian seasoning, salt, red pepper flakes, and brown sugar in the same skillet until onion is golden brown, 10 to 15 minutes.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Arrange chicken breasts on a baking sheet; top each breast with 2 bacon slices. Top with caramelized onion and Colby-Monterey Jack cheese.
- ☐ Broil chicken breasts until cheese is melted and bubbling, 1 to 3 minutes.

Nutrition Facts



 PROTEIN **33.77%**  FAT **42.21%**  CARBS **24.02%**

Properties

Glycemic Index:49.5, Glycemic Load:9.3, Inflammation Score:-5, Nutrition Score:24.643043621727%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 581kcal (29.05%), Fat: 26.78g (41.19%), Saturated Fat: 9.66g (60.41%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 32.8g (11.93%), Sugar: 15.06g (16.73%), Cholesterol: 150.55mg (50.18%), Sodium: 1988.07mg (86.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.2g (96.4%), Vitamin B3: 20.98mg (104.88%), Selenium: 72.83µg (104.04%), Vitamin B6: 1.47mg (73.25%), Phosphorus: 523.31mg (52.33%), Vitamin B1: 0.44mg (29.39%), Vitamin B5: 2.88mg (28.75%), Potassium: 831.77mg (23.76%), Vitamin B2: 0.38mg (22.29%), Manganese: 0.35mg (17.35%), Magnesium: 65.73mg (16.43%), Calcium: 155.59mg (15.56%), Zinc: 2.21mg (14.76%), Folate: 52.65µg (13.16%), Iron: 2.29mg (12.72%), Vitamin B12: 0.7µg (11.73%), Copper: 0.14mg (6.88%), Fiber: 1.49g (5.96%), Vitamin K: 6.17µg (5.87%), Vitamin C: 4.28mg (5.19%), Vitamin A: 215.03IU (4.3%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.43µg (2.87%)