



## Stuffed and Wrapped Chicken Breast

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



471 kcal

SIDE DISH

### Ingredients

- 8 slices bacon
- 6 ounces cream cheese softened
- 1 teaspoon garlic powder
- 4 green onions chopped
- 0.5 teaspoon pepper
- 0.3 cup bell pepper red chopped
- 1 teaspoon salt
- 4 chicken breast halves boneless skinless

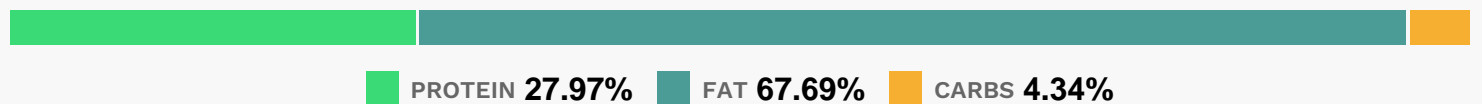
## Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.
- Place the bacon in a large, deep skillet. Cook over medium-high heat until the grease has mostly rendered, but the bacon is still very soft, about 3 minutes.
- Remove, and pat dry with paper towels; set aside.
- Stir together the cream cheese, green onions, bell pepper, garlic powder, salt, and pepper in a bowl until combined. Divide this mixture onto each chicken breast. Fold the breasts in half, and wrap with 2 slices of bacon. Secure with toothpicks as needed.
- Place into the prepared baking dish.
- Bake in the preheated oven until the chicken is no longer pink in the thickest part, 30 to 35 minutes.
- Remove the toothpicks before serving.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:18.542609033377%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 470.51kcal (23.53%), Fat: 35.08g (53.97%), Saturated Fat: 15.1g (94.35%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.29g (2.54%), Cholesterol: 144.31mg (48.1%), Sodium: 1140.05mg (49.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.62g (65.24%), Selenium: 48.94µg (69.91%), Vitamin B3: 13.76mg (68.79%), Vitamin B6: 1.03mg (51.74%), Phosphorus: 356.52mg (35.65%), Vitamin K: 26.83µg (25.55%), Vitamin B5: 2.14mg (21.44%), Vitamin A: 1033.86IU (20.68%), Vitamin C: 15.54mg (18.84%), Potassium: 626.51mg (17.9%), Vitamin B2: 0.27mg (15.62%), Vitamin B1: 0.22mg (14.58%), Magnesium: 43.02mg (10.76%), Zinc: 1.48mg (9.89%), Vitamin B12: 0.54µg (8.99%), Vitamin E: 0.99mg (6.6%), Calcium: 60.45mg (6.05%), Iron: 0.93mg (5.19%), Folate: 20.71µg (5.18%), Manganese: 0.1mg (4.84%), Copper: 0.08mg (3.8%), Fiber: 0.64g (2.55%), Vitamin D: 0.29µg (1.93%)