



Tangy chicken breasts

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast skinless
- ☐ 3 tbsp barbecue sauce
- ☐ 2 bacon
- ☐ 50 g cheddar cheese grated

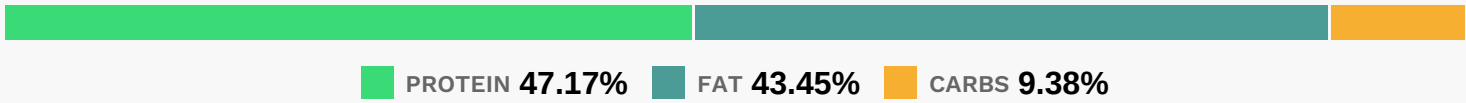
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat the grill to medium-high and line a baking sheet with foil.
- ☐ Lay the chicken breasts upside-down on the foil, brush with 1 tbsp of barbecue sauce, then grill for 5 mins. Turn the chicken breasts over, add the bacon rashers to the tray, then return to the grill for a further 5 mins.
- ☐ Drizzle the chicken with the remaining barbecue sauce, sprinkle with cheese, then place back under the grill for 2-3 mins until the chicken is cooked through, the cheese is bubbling and golden and the bacon is crispy. Top the chicken with the bacon to serve.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:24.339565150116%

Nutrients (% of daily need)

Calories: 495.24kcal (24.76%), Fat: 23.25g (35.76%), Saturated Fat: 9.02g (56.36%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 11.07g (4.02%), Sugar: 8.55g (9.5%), Cholesterol: 184.16mg (61.39%), Sodium: 833.95mg (36.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.79g (113.58%), Vitamin B3: 24.62mg (123.11%), Selenium: 84.15µg (120.21%), Vitamin B6: 1.79mg (89.38%), Phosphorus: 625.88mg (62.59%), Vitamin B5: 3.49mg (34.88%), Potassium: 958.17mg (27.38%), Vitamin B2: 0.37mg (21.67%), Calcium: 197.57mg (19.76%), Magnesium: 71.46mg (17.87%), Zinc: 2.53mg (16.88%), Vitamin B1: 0.22mg (14.56%), Vitamin B12: 0.83µg (13.78%), Vitamin A: 383.56IU (7.67%), Iron: 1.13mg (6.28%), Vitamin E: 0.92mg (6.1%), Copper: 0.1mg (4.84%), Folate: 14.8µg (3.7%), Manganese: 0.07mg (3.55%), Vitamin C: 2.87mg (3.47%), Vitamin D: 0.46µg (3.09%), Vitamin K: 1.51µg (1.44%)