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## Bacon and Cheddar Keto Chicken ♦

A delicious keto-friendly chicken recipe with bacon and cheddar cheese. Perfect for those following a low-carb diet.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 4

**Serving Size:** 25 g

### Ingredients

<b>400 g</b>	chicken breast
<b>100 g</b>	bacon
<b>100 g</b>	Cheddar Cheese
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	garlic powder

# Directions

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## Step 1

### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Seasoning

Season the chicken breasts with salt, black pepper, and garlic powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Wrapping

Wrap each chicken breast with bacon slices and secure with toothpicks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Baking

Place the bacon-wrapped chicken breasts on a baking sheet and bake for 20-25 minutes, or until the chicken is cooked through and the bacon is crispy.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Step 5

### Baking

Remove the toothpicks and sprinkle cheddar cheese on top of each chicken breast. Return to the oven and bake for an additional 2-3 minutes, or until the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

## Step 6

### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 40 g

**Carbohydrates:** 1 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	120 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

Low Carb

Low Fat

High Protein

High Fiber

Low Sodium

Sugar-Free

### Cuisines

Italian

American

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Course

Breads

Main Dishes

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Oktoberfest

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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