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Monterey Chicken ·•

Monterey Chicken is a delicious grilled chicken dish that originated in Monterey, California. It is typically made with chicken breast, barbecue sauce, bacon, and melted cheese. The chicken is marinated in barbecue sauce, then grilled to perfection. It is topped with crispy bacon and melted Monterey Jack cheese. This dish is perfect for a summer barbecue or a weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
1 c	barbecue sauce
8 slices	bacon
200 g	Monterey Jack Cheese

Directions

Step 1

Grilling

Preheat the grill to medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Marinate the chicken in barbecue sauce for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the chicken for 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 16 mins

Step 4

Frying

While the chicken is grilling, cook the bacon until crispy.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Top each chicken breast with a slice of bacon and a sprinkle of Monterey Jack cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Grilling

Close the grill and cook for an additional 2-3 minutes, or until the cheese is melted.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Resting

Remove the chicken from the grill and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Barbecue

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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