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## Chicken, Bacon, and Asparagus Skillet

This delicious skillet recipe combines tender chicken, crispy bacon, and fresh asparagus for a flavorful and satisfying meal. The chicken is seasoned with herbs and spices, then cooked with bacon and asparagus in a skillet until everything is cooked through and golden brown. Serve this dish with a side of rice or potatoes for a complete meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	chicken breast
100 g	bacon
200 g	asparagus
1 tsp	salt

<b>1 tsp</b>	pepper
<b>1 tsp</b>	garlic powder
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

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

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

Heat olive oil in a skillet over medium heat. Add the chicken breasts and cook for 5 minutes on each side, or until cooked through. Remove from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Stove

In the same skillet, cook the bacon until crispy. Remove from the skillet and set aside.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 4

Stove

Add the asparagus to the skillet and cook for 5 minutes, or until tender.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Stove

Slice the chicken and bacon into strips. Add them back to the skillet with the asparagus and cook for 2 minutes, or until heated through.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 6

Serve hot and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 10 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	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
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	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%

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

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Mixer

Oven

Stove

### Cuisines

Italian

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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