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Chicken & Bacon ♦

A delicious combination of chicken and bacon, perfect for a hearty meal. This recipe has a rich history and is loved by many. The chicken is cooked to perfection and the bacon adds a smoky flavor. It's a great dish for any occasion.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
100 g	bacon
1 tsp	salt
1 tsp	pepper
1 tsp	garlic powder

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Wrapping

Wrap each chicken breast with bacon slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Heating

Heat olive oil in a skillet over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Add the chicken breasts to the skillet and cook for 3-4 minutes on each side, until the bacon is crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Baking

Transfer the chicken breasts to a baking dish and bake in the preheated oven for 20-25 minutes, until the chicken is cooked through.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 50 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	2 g	3.64%	4%
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)
Monounsaturated Fat	9 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	150 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	30 mg	2307.69%	2307.69%
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	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Course

Breads

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Cost

\$30 to \$40

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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