

Parmesan Crusted Chicken with Bacon Cream Sauce

by: Anna @ Keto In Pearls

Prep Time: 10 mins

Cook Time: 45 mins

Total Time: 55 mins

Serves: 4

Serving Size: 1



Ingredients:

- 1 lb chicken breasts (about 3 pieces)
- 1/2 C heavy cream
- 3 T mayo (I use Chosen Foods Avocado Oil Mayo)
- 1 T cream cheese
- 4 T shredded parmesan cheese
- 1/2 t garlic powder
- 3 slices bacon, fried and crumbled
- pinch salt & pepper
- (reserve 2-3T bacon grease)

Directions:

Preheat oven to 400 degrees. Pat chicken dry.

Use silicone basting brush to spread mayo evenly on top of chicken breasts. Top each with 1T shredded parmesan cheese and place in baking dish. Bake uncovered 40-50 minutes until internal temperature is approx. 160 degrees and juices run clear.

When the chicken has approx. 10 minutes left in the oven, begin sauce.

Using a skillet, warm up the reserved bacon grease over MED LOW heat. Be sure it does not start sizzling or bubbling. Whisk in the heavy cream until well combined. Continue whisking until the mixture starts to foam up on the edges of the skillet.

Add the cream cheese and whisk until smooth. Add last 1T parmesan and garlic powder and whisk until smooth. Toss in some crumbled bacon, making sure to leave enough for garnishing the chicken.

Each chicken breast should be topped with 2-3T of sauce and a few bacon crumbles. Leftover sauce will keep in airtight container for 3-4 days.

Nutrition Facts 4 servings per container Serving size Calories per serving 380	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 30g	38%	Total Carbohydrate 1g	0%
	Saturated Fat 12.5g	63%	Dietary Fiber 0g	0%
	Trans Fat 0g		Total Sugars 0g	
	Cholesterol 125mg	42%	Includes 0g Added Sugars	0%
	Sodium 520mg	23%	Protein 26g	52%
	Vitamin D 0mcg	0%	• Calcium 0mg	0%
	Potassium 0mg	0%	• Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Please note that macros were calculated using My Fitness Pal and the brands referenced above. Altering ingredients or brands can change the macros for the recipe. Please verify your macros in a tracker to insure accuracy.