

Keto Bacon Wrapped Chicken Parcels

Hands-on 10 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 2.3 g, Fiber: 0.2 g, **Net carbs: 2.1 g,**

Protein: 56.7 g, Fat: 29.7 g, Calories: 492 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 4 medium chicken breasts (800 kg/ 1.76 lb)
- cream cheese (200 g/ 7.1 oz)
- 1/2 cup grated Parmesan cheese *or* hard cheese of choice (45 g/ 1.6 oz)
- 2 tbsp chopped parsley *or* herbs of choice
- sea salt and pepper, to taste
- 8 thin-cut slices of bacon *or* 4 regular slices halved widthwise (120 g/ 4.2 oz)

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Instructions

1. Start by preparing the cheese stuffing.
2. Place the cream cheese, parmesan and parsley together in a bowl and beat well to combine. Divide into four and, using cling wrap, roll into logs the length of your chicken. Place in the freezer until frozen, approx. half an hour.
3. Preheat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Line a baking tray. Place the chicken on the tray and cut a pocket into the top of each one. Don't cut all of the way through, just pocket for your cheese. Place the frozen cream cheese mixture into each one.
4. Wrap each breast in two slices of thin bacon, securing with a toothpick if necessary. Bake for 30 minutes.
5. Broil for an additional 2 minutes if the bacon needs crisping up. Store, wrapped in cling wrap, in the fridge for up to 4 days.

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