Air Fryer Bacon Wrapped Chicken Breast is a juicy, delicious air fryer dinner recipe the whole family will enjoy.

- Prep Time 5 minutes mins
- Cook Time 30 minutes mins
- Total Time 35 minutes mins

- Course: Dinner
- Cuisine: American
- Keyword: air fryer bacon wrapped chicken, air fryer bacon wrapped chicken breast, bacon wrapped chicken in the air fryer

Servings: 2
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Equipment

- Air Fryer

Ingredients

- 2 6 oz chicken breasts boneless skinless
- 4 pieces bacon
- 1/3 tsp smoked paprika
- 1/3 tsp black pepper
- 1/3 tsp garlic powder

Instructions

- Preheat the Air Fryer to 400 degrees F. Prepare the air fryer basket with nonstick cooking spray or olive oil spray.
- Add the seasonings to a small bowl and set it aside.
- Take the clean and dry chicken breasts and rub both sides evenly with the seasoning rub.
- Wrap each chicken breast with 2 pieces of bacon, trying to keep the ends of the bacon underneath the chicken breast.
- Place the bacon-wrapped chicken breasts into the bottom of the prepared air fryer basket.
- Air Fry the chicken at 400 degrees F for 15 minutes, then turn down the temperature to 370 degrees F for an additional 10-15 minutes, or until the internal temperature has reached 165 degrees Fahrenheit.
- Serve immediately with your favorite sides.

Notes

Store leftover bacon-wrapped chicken breasts in an airtight container in the refrigerator for up to 3 days.
To reheat the chicken, allow it to sit at room temperature for 5 minutes, and then place into the preheated air fryer at 370 degrees F for 3-5 minutes, or until heated fully through.

Nutrition

Calories: 270kcal | Carbohydrates: 1g | Protein: 49g | Fat: 7g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 147mg | Sodium: 297mg | Potassium: 864mg | Fiber: 1g | Sugar: 1g | Vitamin A: 235IU | Vitamin C: 3mg | Calcium: 14mg | Iron: 1mg