



Adirondack Bacon BBQ Chicken, Apples and Onions

READY IN



50 min.

SERVINGS



6

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples such as gala or honey crisp or golden delicious, sliced crisp
- ☐ 6 servings bread and butter pickles sliced for topping
- ☐ 2 tablespoons butter
- ☐ 3 cups poached chicken
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup grainy dijon mustard
- ☐ 6 servings evoo for drizzling

- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup catsup organic
- ☐ 0.3 cup grade a maple syrup
- ☐ 6 servings little nutmeg freshly grated
- ☐ 1 onion finely chopped
- ☐ 6 servings coarse pepper black
- ☐ 1 large onion red thinly sliced quartered
- ☐ 6 servings sharp cheddar white grated for topping
- ☐ 6 servings rolls split hard
- ☐ 4 ounces deli-cut smoky bacon chopped
- ☐ 3 tablespoons worcestershire sauce

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a drizzle of EVOO in a saucepot over medium-high heat.
- ☐ Add the bacon and brown to crisp. Then add the garlic and onions and stir to soften, about 3 minutes.
- ☐ Add the ketchup, stock, syrup, mustard, Worcestershire, vinegar and pepper. Stir and simmer to thicken, 20 minutes.
- ☐ Heat a drizzle of EVOO in a large skillet over medium-high heat, add the butter and melt.
- ☐ Add the apples and red onions. Season with some salt, pepper and nutmeg. Cook to tender-crisp, 5 to 6 minutes.
- ☐ Add the chicken and sauce and combine. Cool and store for a make-ahead meal. Reheat over medium heat and serve the BBQ chicken, apples and onions on the rolls topped with cheese and pickles.

Nutrition Facts



 **PROTEIN 12.14%**  **FAT 48.02%**  **CARBS 39.84%**

Properties

Glycemic Index:89.19, Glycemic Load:37.13, Inflammation Score:-7, Nutrition Score:21.370434647021%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg

Nutrients (% of daily need)

Calories: 830.1kcal (41.51%), Fat: 44.78g (68.9%), Saturated Fat: 14.68g (91.76%), Carbohydrates: 83.61g (27.87%), Net Carbohydrates: 78.32g (28.48%), Sugar: 32.69g (36.32%), Cholesterol: 74.05mg (24.68%), Sodium: 1444.21mg (62.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.94%), Iron: 13.21mg (73.38%), Manganese: 0.9mg (45.19%), Selenium: 29.4µg (42%), Vitamin B2: 0.57mg (33.48%), Calcium: 314.49mg (31.45%), Phosphorus: 302.88mg (30.29%), Vitamin B3: 5.65mg (28.26%), Vitamin E: 3.32mg (22.15%), Fiber: 5.29g (21.17%), Vitamin B6: 0.38mg (18.83%), Vitamin B1: 0.28mg (18.76%), Zinc: 2.42mg (16.13%), Potassium: 555.1mg (15.86%), Vitamin A: 719.39IU (14.39%), Vitamin K: 14.44µg (13.75%), Magnesium: 54.1mg (13.52%), Folate: 49.23µg (12.31%), Vitamin C: 9.23mg (11.19%), Copper: 0.21mg (10.43%), Vitamin B5: 0.85mg (8.5%), Vitamin B12: 0.5µg (8.41%), Vitamin D: 0.31µg (2.07%)