



Bacon Ranch Chicken Skewers

 Gluten Free  Dairy Free

READY IN



46 min.

SERVINGS



12

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bacon thick cut
- 6 inch bamboo skewers for 2 hours
- 1 teaspoon chile paste hot (such as sambal oelek)
- 0.3 cup ranch dressing
- 1 inch onion red
- 12 servings salt and pepper black to taste
- 4 chicken breast halves boneless skinless cut into 1 inch pieces

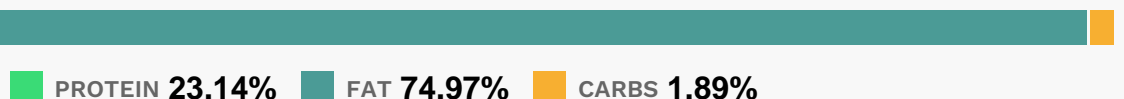
Equipment

- bowl
- baking sheet
- paper towels
- whisk
- plastic wrap
- grill
- skewers

Directions

- Whisk together ranch dressing and hot chile paste in a large bowl.
- Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 1 to 3 hours.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels.
- Thread a piece of onion about 1 1/2 inches down the skewer.
- Thread the end portion of one strip of bacon onto skewer so the rest of the strip is hanging down. Skewer on a piece of chicken; thread on the next portion of the bacon. Turn the skewer so that the long end of the bacon is again hanging down. Repeat this process of skewering and turning until the entire strip of bacon is threaded, using 4 to 5 chicken pieces.
- Thread a second piece of onion onto the end of the skewer.
- Repeat steps 5 through 7 for all twelve skewers.
- Season chicken skewers with salt and pepper as desired.
- Cook the skewers on the preheated grill, turning every 3 to 4 minutes, until nicely browned on all sides and the meat is no longer pink in the center, 12 to 16 minutes total per skewer.
- Serve with ranch dressing as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:6.3656521724618%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 222.49kcal (11.12%), Fat: 18.24g (28.06%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.38g (0.43%), Cholesterol: 49.6mg (16.53%), Sodium: 536.05mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Selenium: 19.54µg (27.91%), Vitamin B3: 5.39mg (26.94%), Vitamin B6: 0.38mg (19.13%), Phosphorus: 143.94mg (14.39%), Vitamin K: 9.01µg (8.59%), Vitamin B1: 0.13mg (8.35%), Vitamin B5: 0.79mg (7.91%), Potassium: 217.82mg (6.22%), Vitamin B12: 0.27µg (4.44%), Zinc: 0.66mg (4.43%), Vitamin B2: 0.07mg (4.31%), Magnesium: 14.57mg (3.64%), Vitamin E: 0.38mg (2.56%), Iron: 0.32mg (1.76%), Copper: 0.03mg (1.44%), Vitamin D: 0.19µg (1.26%)