



Bacon-Wrapped Barbecue Chicken Kabobs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon cut in half crosswise
- 0.7 cup barbecue sauce
- 1.5 lb chicken tenderloins
- 0.3 cup chili sauce
- 1.5 tablespoons worcestershire sauce
- 6 inch metal skewers
- 6 inch metal skewers

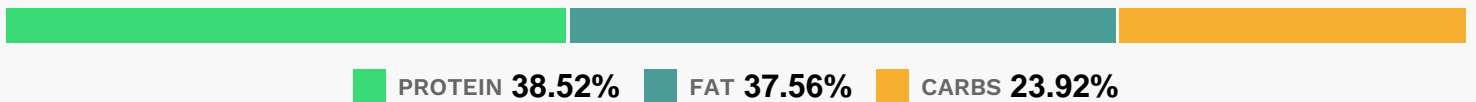
Equipment

- whisk
- grill
- microwave
- skewers
- wooden skewers

Directions

- Whisk together first 3 ingredients in a large shallow dish or zip-top plastic freezer bag; add chicken, turning to coat. Cover or seal, and chill 1 hour, turning once.
- Meanwhile, soak wooden skewers in water 30 minutes.
- Preheat grill to 350 to 400 (medium-high). Microwave bacon, in 2 batches, on a microwave-safe plate at HIGH 1 minute.
- Let cool 5 minutes.
- Remove chicken from marinade, discarding marinade.
- Place 1 bacon piece on top of each chicken tender; thread 1 bacon-topped chicken tender onto each skewer.
- Grill kabobs, covered with grill lid, over 350 to 400 (medium-high) heat 5 to 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:13.827826152677%

Nutrients (% of daily need)

Calories: 292.9kcal (14.64%), Fat: 11.91g (18.33%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.42g (5.97%), Sugar: 12.99g (14.44%), Cholesterol: 87.09mg (29.03%), Sodium: 862.98mg (37.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.98%), Vitamin B3: 13.17mg (65.87%), Selenium: 41.31µg (59.02%), Vitamin B6: 0.96mg (47.8%), Phosphorus: 286.61mg (28.66%), Potassium: 626.97mg (17.91%), Vitamin B5: 1.79mg (17.9%), Vitamin B1: 0.16mg (10.48%), Vitamin B2: 0.17mg (9.72%), Magnesium: 38.63mg (9.66%), Zinc: 1mg (6.69%), Iron: 1.06mg (5.89%), Vitamin E: 0.86mg (5.73%), Vitamin B12: 0.34µg (5.61%), Vitamin C: 4.53mg (5.49%), Copper: 0.09mg (4.55%), Vitamin A: 219.83IU (4.4%), Manganese: 0.06mg (2.97%), Fiber: 0.65g

(2.6%), Calcium: 24.84mg (2.48%), Folate: 6.88µg (1.72%), Vitamin K: 1.63µg (1.55%), Vitamin D: 0.2µg (1.34%)