



## Bacon-Wrapped Chicken Bites

READY IN



60 min.

SERVINGS



1

CALORIES



1861 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 slices oscar mayer bacon cut into thirds
- 2 tsp parsley fresh chopped
- 3 Tbsp grey poupon savory honey mustard divided
- 24 ritz crackers
- 6 oz chicken breast boneless skinless cut into 24 pieces
- 4 oz cracker barrel vermont sharp-white cheddar cheese cut into 12 slices
- 2 Tbsp lea & perrins worcestershire sauce

### Equipment

- baking sheet
- oven
- toothpicks
- broiler

## Directions

- Mix 2 Tbsp. mustard and Worcestershire sauce.
- Add to chicken in shallow glass dish; toss to coat. Refrigerate 30 min. to marinate.
- Remove chicken from marinade; discard marinade.
- Heat broiler. Wrap bacon around chicken; secure with toothpicks. Broil, 4 inches from heat, 10 min. or until bacon is crisp and chicken is done, turning after 5 min.
- Heat oven to 350F.
- Remove toothpicks.
- Cut cheese slices in half.
- Place crackers on baking sheet; top with cheese.
- Bake 4 to 5 min. or until melted. Top with chicken and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:45.044348322827%

## Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

## Nutrients (% of daily need)

Calories: 1860.99kcal (93.05%), Fat: 129.53g (199.27%), Saturated Fat: 50.06g (312.89%), Carbohydrates: 75.29g (25.1%), Net Carbohydrates: 73.63g (26.77%), Sugar: 18.64g (20.71%), Cholesterol: 338.42mg (112.81%), Sodium: 3406.21mg (148.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.96g (179.91%), Selenium: 125.38µg (179.12%), Vitamin B3: 28.63mg (143.17%), Phosphorus: 1347.08mg (134.71%), Calcium: 966.57mg (96.66%), Vitamin B6: 1.86mg (93.19%), Vitamin B1: 0.97mg (64.65%), Vitamin B2: 1.05mg (61.64%), Zinc: 7.73mg (51.54%), Vitamin B5:

4.14mg (41.36%), Potassium: 1423.94mg (40.68%), Vitamin K: 42.68µg (40.65%), Vitamin B12: 2.42µg (40.37%), Iron: 6.57mg (36.47%), Vitamin E: 4.47mg (29.81%), Magnesium: 114.16mg (28.54%), Vitamin A: 1296.11IU (25.92%), Manganese: 0.45mg (22.27%), Folate: 85.48µg (21.37%), Copper: 0.31mg (15.74%), Vitamin D: 1.55µg (10.36%), Vitamin C: 6.73mg (8.15%), Fiber: 1.66g (6.65%)