



Bacon-wrapped chicken drumsticks

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 juice of lemon
- ☐ 2 garlic cloves crushed
- ☐ 12 skin-on chicken drumsticks
- ☐ 12 rashers streaky bacon smoked
- ☐ 6 servings crusty baguette

Equipment

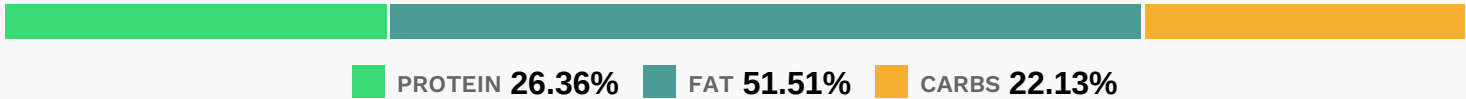
- ☐ oven
- ☐ knife

☐ grill

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix together the lemon juice and garlic with some seasoning. Prick the chicken several times with a sharp knife and drizzle with half the garlicky lemon juice. Wrap each one in a rasher of bacon and put in a single layer in a roasting tin.
- ☐ Drizzle on the remaining lemon juice.
- ☐ Cook for 45–50 mins until the chicken is cooked through and the bacon is starting to crisp up. Flash under a hot grill if you like your bacon really crisp.
- ☐ Eat warm or allow to cool, then chill until youre ready to pack up in an airtight container. Eat with crusty bread and some extra lemon squeezed over the chicken, if you like.

Nutrition Facts



Properties

Glycemic Index:16.96, Glycemic Load:21.22, Inflammation Score:-4, Nutrition Score:20.043478219405%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 592.59kcal (29.63%), Fat: 33.29g (51.22%), Saturated Fat: 9.91g (61.94%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 30.81g (11.2%), Sugar: 3.14g (3.49%), Cholesterol: 168.35mg (56.12%), Sodium: 844.5mg (36.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.34g (76.68%), Selenium: 49.37µg (70.53%), Vitamin B3: 12.01mg (60.06%), Vitamin B1: 0.62mg (41.32%), Phosphorus: 377.45mg (37.74%), Vitamin B6: 0.7mg (35.05%), Vitamin B2: 0.5mg (29.16%), Zinc: 3.95mg (26.31%), Vitamin B5: 2.06mg (20.64%), Iron: 3.36mg (18.69%), Folate: 74.05µg (18.51%), Vitamin B12: 1.05µg (17.55%), Manganese: 0.34mg (17.24%), Potassium: 513.31mg (14.67%), Magnesium: 52.75mg (13.19%), Copper: 0.19mg (9.6%), Calcium: 86.65mg (8.67%), Fiber: 1.38g (5.52%), Vitamin K: 5.72µg (5.45%), Vitamin E: 0.67mg (4.47%), Vitamin C: 2.25mg (2.72%), Vitamin D: 0.33µg (2.18%), Vitamin A: 86.32IU (1.73%)