



Bacon-Wrapped Chicken Wings with Bourbon Barbecue Sauce

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cracked wheat
- ☐ 3 lb chicken drummettes
- ☐ 12 slices bacon cut in half crosswise
- ☐ 0.5 cup catsup
- ☐ 0.5 cup bourbon
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons soya sauce

- ☐ 3 cloves garlic finely chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon pepper red

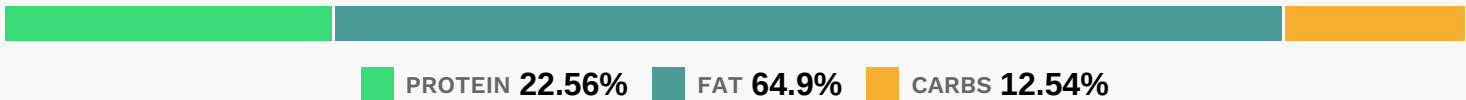
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°F. Line 2 cookie sheets with sides with heavy-duty foil; spray with cooking spray.
- ☐ Sprinkle pepper over chicken. Wrap each chicken piece with a half slice of bacon.
- ☐ Place bacon-wrapped chicken pieces on cookie sheets, bacon end down.
- ☐ Bake uncovered 30 minutes; turn chicken; rotate cookie sheets in oven.
- ☐ Bake 20 to 30 minutes longer or until golden brown and juice of chicken is clear when thickest part is cut to bone (at least 165°F).
- ☐ Meanwhile, in 1-quart saucepan, mix Bourbon Sauce ingredients; heat to simmering over medium heat, stirring frequently, until sugar is dissolved, about 5 minutes.
- ☐ Remove from heat; set aside.
- ☐ In large bowl, toss chicken with half of the sauce.
- ☐ Serve warm with remaining sauce on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:5.8773912243221%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 282.06kcal (14.1%), Fat: 18.56g (28.55%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.94g (2.89%), Sugar: 6.65g (7.38%), Cholesterol: 61.67mg (20.56%), Sodium: 456.08mg (19.83%), Alcohol: 3.34g (100%), Alcohol %: 3.77% (100%), Protein: 14.52g (29.03%), Vitamin B3: 4.8mg (23.99%), Selenium: 14.33µg (20.47%), Vitamin B6: 0.31mg (15.4%), Phosphorus: 121.8mg (12.18%), Zinc: 1.12mg (7.49%), Vitamin B1: 0.1mg (6.41%), Vitamin B5: 0.62mg (6.2%), Vitamin B2: 0.1mg (5.6%), Potassium: 185.52mg (5.3%), Vitamin B12: 0.31µg (5.1%), Iron: 0.85mg (4.74%), Magnesium: 17.09mg (4.27%), Vitamin A: 174.53IU (3.49%), Vitamin E: 0.46mg (3.05%), Manganese: 0.06mg (2.94%), Copper: 0.05mg (2.73%), Calcium: 16.25mg (1.62%), Vitamin C: 1.07mg (1.3%)