



Bacon-Wrapped Chicken with Tamarind Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



853 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon your favorite thin
- ☐ 8 skin-on chicken legs bone-in
- ☐ 0.5 cup chicken stock see
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground thyme
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon onion powder

- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons sugar
- ☐ 1 cup tamarind pulp

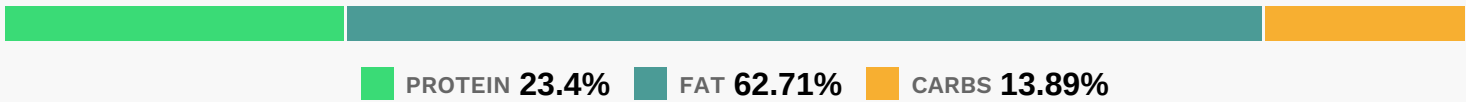
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Place chicken legs in a dish and season with salt, pepper, cumin, thyme and onion powder.
- ☐ Place all the tamarind sauce in the blender and set aside.Preheat oven to 375°F.Wrap a bacon slice around each chicken leg. Arrange the chicken on baking pan.
- ☐ Drizzle the tamarind sauce over the legs and place in the fridge for about 30 minutes.
- ☐ Bake for about 45 minutes, until bacon is crisp and chicken cooked through.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:15.94, Inflammation Score:-5, Nutrition Score:23.039564972338%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 852.63kcal (42.63%), Fat: 59.21g (91.09%), Saturated Fat: 17.29g (108.08%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.51g (10%), Sugar: 18.99g (21%), Cholesterol: 269.55mg (89.85%), Sodium: 754.54mg (32.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.72g (99.43%), Selenium: 56.67µg (80.96%), Vitamin B3: 15.07mg (75.34%), Phosphorus: 514.98mg (51.5%), Vitamin B6: 1.02mg (51.01%), Vitamin B1: 0.46mg (30.91%), Zinc: 4.46mg (29.71%), Vitamin B5: 2.88mg (28.83%), Vitamin B2: 0.48mg (28.2%), Vitamin B12: 1.66µg (27.71%), Potassium: 872.85mg (24.94%), Magnesium: 86.75mg (21.69%), Iron: 3.19mg (17.7%), Copper:

0.22mg (10.83%), Fiber: 1.99g (7.96%), Vitamin K: 8.03µg (7.64%), Calcium: 60.45mg (6.05%), Manganese: 0.11mg (5.71%), Vitamin E: 0.81mg (5.43%), Vitamin A: 269.29IU (5.39%), Folate: 20.21µg (5.05%), Vitamin C: 3.68mg (4.46%), Vitamin D: 0.43µg (2.89%)