



## Bacon-Wrapped Fried Chicken With White Barbecue Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



416 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices bacon
- 2 tablespoons barbecue seasoning
- 1 cup japanese breadcrumbs (panko)
- 2 tablespoons butter
- 1 tablespoon cider vinegar
- 1 tablespoon juice of lemon
- 0.5 cup mayonnaise
- 4 pilgrim's pride boneless skinless

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## Equipment

bowl

frying pan

grill

## Directions

Stir together first 3 ingredients in a small bowl. Set aside.

Rub barbecue seasoning evenly onto each chicken breast. Wrap 1 bacon slice around 1 seasoned chicken breast, stretching bacon, as necessary, to cover most of surface of chicken; slightly flatten each breast with palm of hand. Secure bacon with a wooden pick. Firmly press chicken in breadcrumbs in a large shallow bowl. Repeat procedure with remaining chicken, bacon, and breadcrumbs.

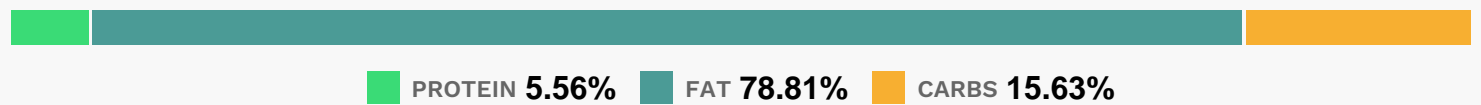
Melt butter in a large nonstick skillet over medium-high heat. Cook chicken in skillet 4 to 5 minutes on each side or until deep golden brown and done.

Remove from skillet, and let cool slightly.

Remove wooden picks before serving, and serve with mayonnaise mixture.

Note: For testing purposes only, we used McCormick Grill Mates Barbecue Seasoning.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:12.435652243054%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 415.89kcal (20.79%), Fat: 36.71g (56.48%), Saturated Fat: 10.22g (63.9%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 14.86g (5.4%), Sugar: 1.43g (1.59%), Cholesterol: 41.33mg (13.78%), Sodium: 480.47mg (20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin K: 106.67µg (101.59%), Manganese: 0.66mg (32.95%), Iron: 3.5mg (19.42%), Vitamin B1: 0.23mg (15.29%), Selenium: 9.46µg (13.51%), Calcium: 106.6mg (10.66%), Vitamin B3: 2.11mg (10.53%), Vitamin B6: 0.18mg (8.92%), Vitamin E: 1.29mg (8.6%), Vitamin A: 396.09IU (7.92%), Phosphorus: 77.23mg (7.72%), Folate: 28.61µg (7.15%), Magnesium: 26.48mg (6.62%), Fiber: 1.52g (6.09%), Vitamin B2: 0.1mg (5.92%), Copper: 0.12mg (5.8%), Zinc: 0.76mg (5.07%), Potassium: 137.41mg (3.93%), Vitamin B12: 0.21µg (3.47%), Vitamin C: 2.34mg (2.83%), Vitamin B5: 0.27mg (2.66%)