



## Bacon Wrapped Marmite Chicken Legs

READY IN



90 min.

SERVINGS



4

CALORIES



435 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 8 strips bacon
- ☐ 4 servings add carrot and onion to bacon fat . cook
- ☐ 3 teaspoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 4 servings pepper black freshly ground
- ☐ 1.3 cup chicken stock low sodium homemade divided store-bought
- ☐ 4 chicken legs skinless

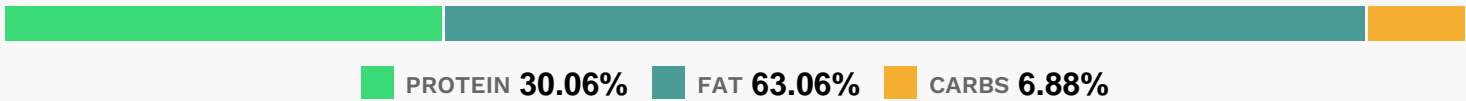
# Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ cutting board

# Directions

- ☐ Adjust oven rack to middle position and preheat to 375°F. In a saucepan combine 1/3 cup chicken stock, Marmite, and brown sugar and bring to a simmer. Reduce sauce to 1/4 cup, about 4 minutes.
- ☐ Wrap each chicken leg with two pieces of bacon and place on a baking sheet.
- ☐ Brush Marmite mixture over chicken and place in the oven. Roast until bacon has rendered and chicken has reached an internal temperature of 160 to 165°F, about 1 hour.
- ☐ Transfer chicken to a cutting board (reserve the juices in the pan), tent with foil, and allow to rest while you make the gravy.
- ☐ While chicken rests, heat butter in a small saucepan over medium high heat until melted.
- ☐ Add the flour and stir until the flour just begins to brown, about 3 minutes.
- ☐ Add the reserved drippings, whisking constantly to get rid of any lumps.
- ☐ Add remaining cup of stock, whisking constantly. Bring to a simmer and cook until lightly thickened, about 5 minutes. Season to tastes with salt and pepper.
- ☐ Serve chicken with gravy and sides as desired.

# Nutrition Facts



# Properties

Glycemic Index:39.25, Glycemic Load:2.08, Inflammation Score:-2, Nutrition Score:13.996956571289%

Nutrients (% of daily need)

Calories: 435.11kcal (21.76%), Fat: 30.08g (46.28%), Saturated Fat: 11.34g (70.87%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 7.25g (2.64%), Sugar: 3.03g (3.36%), Cholesterol: 162.27mg (54.09%), Sodium: 485.99mg (21.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.27g (64.54%), Selenium: 37.28µg (53.25%), Vitamin B3: 10.26mg (51.31%), Vitamin B6: 0.65mg (32.56%), Phosphorus: 324.84mg (32.48%), Zinc: 2.9mg (19.34%), Vitamin B2: 0.31mg (18.29%), Vitamin B5: 1.78mg (17.81%), Vitamin B1: 0.26mg (17.56%), Vitamin B12: 1.04µg (17.41%), Potassium: 472.38mg (13.5%), Magnesium: 37.1mg (9.28%), Iron: 1.56mg (8.65%), Copper: 0.14mg (7.2%), Vitamin A: 232.98IU (4.66%), Vitamin K: 4.27µg (4.07%), Vitamin E: 0.59mg (3.95%), Manganese: 0.07mg (3.35%), Folate: 12.27µg (3.07%), Calcium: 23.4mg (2.34%), Vitamin D: 0.2µg (1.34%)