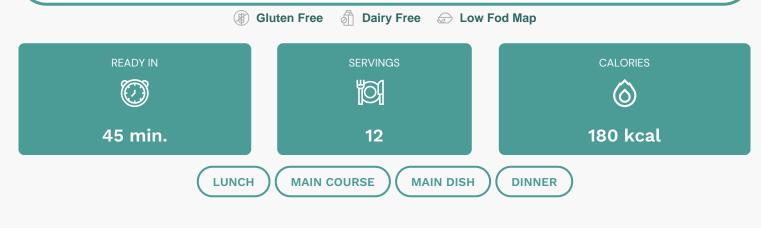


Bacon-Wrapped Pig Wings



Ingredients

12 slices bacon thick sliced (do not use)
12 servings barbecue sauce for dipping
4 pork chops boneless 1-inch-thick
67 barbecue rub

Equipment

-
toothpicks
grill
broiler

Directions

Ш	Cut each pork chop into three strips. To wrap the "wings," start by overlapping the bacon on
	one end of a pork strip, then wrapping it up and around in a candy-cane fashion. Secure the
	bacon at the top with a toothpick. If you need to use a toothpick at both ends, go ahead.
	Season the bacon-wrapped wings liberally with the rub.
	Prepare your cooker to cook indirectly at 235°F using medium pecan wood for smoke flavor.
	Place the wings directly on the cooking grid and cook for 90 minutes, or until the bacon is
	cooked. You may want to finish these on a hot grill or under the broiler to crisp the bacon.
	Serve hot with barbecue sauce for dipping.
	From Slow Fire: The Beginner's Guide to Barbecue by Ray "Dr. BBQ" Lampe. Text copyright ©
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Nutrition Facts

PROTEIN 28.85% FAT 61.46% CARBS 9.69%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:10.800000043019%

Nutrients (% of daily need)

Calories: 179.83kcal (8.99%), Fat: 12.26g (18.86%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.5g (0.56%), Cholesterol: 44.45mg (14.82%), Sodium: 178.89mg (7.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 12.95g (25.89%), Vitamin K: 44.99µg (42.84%), Selenium: 19.62µg (28.03%), Vitamin B1: 0.37mg (24.91%), Vitamin B3: 4.62mg (23.12%), Vitamin B6: 0.46mg (22.86%), Manganese: 0.39mg (19.48%), Phosphorus: 142.37mg (14.24%), Iron: 2.29mg (12.73%), Zinc: 1.13mg (7.53%), Potassium: 250.68mg (7.16%), Magnesium: 26.89mg (6.72%), Vitamin B2: 0.11mg (6.57%), Calcium: 60.17mg (6.02%), Vitamin B12: 0.35µg (5.78%), Vitamin B5: 0.45mg (4.48%), Copper: 0.08mg (4.1%), Vitamin A: 159.12IU (3.18%), Fiber: 0.64g (2.56%), Folate: 7.72µg (1.93%), Vitamin D: 0.27µg (1.78%), Vitamin E: 0.23mg (1.56%)