



Bacon-Wrapped Pig Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

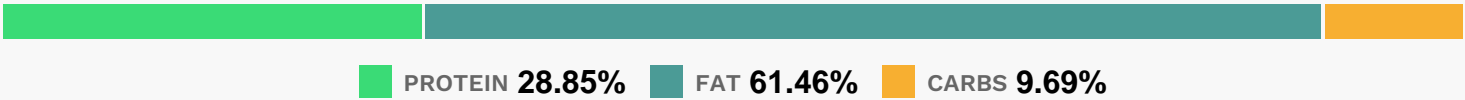
Equipment

- ☐ toothpicks
- ☐ grill
- ☐ broiler

Directions

- ☐ 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 © 2012 by Ray Lampe; photographs copyright © 2012 by Leigh Beisch. Published by Chronicle Books, LLC.

Nutrition Facts



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: 0g (100%), Alcohol %: 0% (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%)