



## Baked Chicken and Bacon-Wrapped Lady Apples

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup unfiltered apple cider
- ☐ 8 slices bacon thin (from a)
- ☐ 0.5 teaspoon pepper black
- ☐ 6 chicken thighs with skin and bones)
- ☐ 0.5 cup cider vinegar
- ☐ 2 sprigs marjoram plus 2 teaspoons marjoram fresh chopped to taste
- ☐ 12 lady apples

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter    unsalted cold

## Equipment

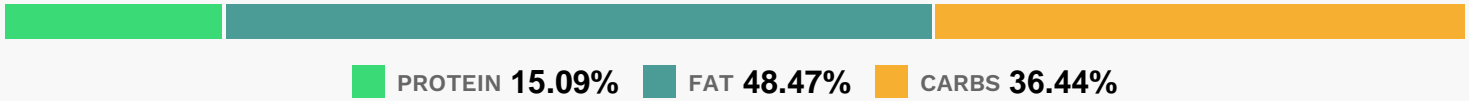
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ baking pan
- ☐ measuring cup
- ☐ tongs
- ☐ peeler

## Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, turning over once, until edges are lightly browned but bacon is still flexible (it will continue to cook in oven), 6 to 8 minutes total.
- ☐ Transfer to paper towels to drain, reserving fat in skillet.
- ☐ While bacon cooks, core apples, if desired, from bottom, with pointed end of a vegetable peeler or a paring knife, leaving stems intact. Wrap a slice of bacon around each of 8 apples, securing ends of bacon by piercing with stem or using half a wooden pick.
- ☐ Brush a 3-quart (13- by 9-inch) shallow baking dish with some bacon fat, then add apples to dish and bake, uncovered, 10 minutes.
- ☐ Meanwhile, pat chicken dry and sprinkle with salt and pepper.
- ☐ Heat bacon fat in skillet over moderately high heat until hot but not smoking, then cook chicken, turning over once, until browned, about 8 minutes total.
- ☐ Transfer chicken with tongs to baking dish, rearranging some of apples so that chicken fits in bottom of dish, and bake, uncovered, 5 minutes.

- ☐
- While chicken bakes, pour off fat from skillet and add cider, vinegar, and marjoram sprigs to skillet. Boil, stirring and scraping up brown bits, until reduced by half (about 3/4 cup), about 5 minutes.
- ☐
- Pour sauce through a fine-mesh sieve into a measuring cup, pressing on and then discarding solids.
- ☐
- Add butter and chopped marjoram to sauce, stirring until butter is melted.
- ☐
- Pour sauce over chicken and apples and continue to bake, uncovered, until chicken is cooked through and apples are tender, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:15.15, Inflammation Score:-6, Nutrition Score:15.864782519962%

Flavonoids

Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 29.26mg, Epicatechin: 29.26mg, Epicatechin: 29.26mg, Epicatechin: 29.26mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg

Nutrients (% of daily need)

Calories: 599.4kcal (29.97%), Fat: 33g (50.77%), Saturated Fat: 10.27g (64.21%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 46.84g (17.03%), Sugar: 41.74g (46.37%), Cholesterol: 135.12mg (45.04%), Sodium: 481.74mg (20.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.12g (46.24%), Selenium: 27.13µg (38.76%), Fiber: 8.99g (35.96%), Vitamin B3: 6.8mg (34.02%), Vitamin B6: 0.63mg (31.32%), Phosphorus: 267.01mg (26.7%), Potassium: 741.36mg (21.18%), Vitamin C: 17.27mg (20.93%), Vitamin B2: 0.28mg (16.26%), Vitamin B1: 0.24mg (15.73%), Vitamin B5: 1.56mg (15.57%), Vitamin B12: 0.87µg (14.56%), Manganese: 0.27mg (13.37%), Zinc: 1.94mg (12.91%), Vitamin K: 12.89µg (12.28%), Magnesium: 47.64mg (11.91%), Iron: 1.7mg (9.42%), Copper: 0.18mg (9.05%), Vitamin A: 382.06IU (7.64%), Vitamin E: 1.08mg (7.23%), Calcium: 44.94mg (4.49%), Folate: 15.32µg (3.83%), Vitamin D: 0.27µg (1.77%)