



Barbecue Chicken and Peach Kabobs with Bacon

 Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



29

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon
- 0.3 cup original barbecue sauce divided kraft
- 2 peaches peeled cut into 8 pieces
- 1 lb chicken breasts boneless skinless cut into 16 pieces

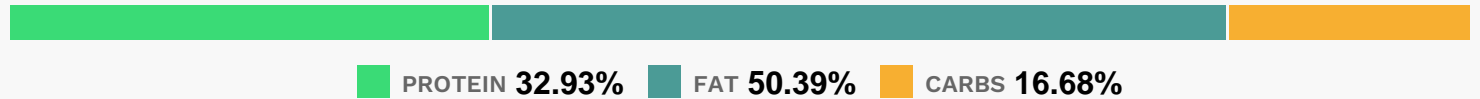
Equipment

- grill
- skewers

Directions

- Heat grill to medium-high heat.
- Reserve 2 Tbsp. barbecue sauce. Stack 1 each chicken and peach piece; wrap with 1 bacon piece.
- Thread onto 4 skewers; brush with remaining barbecue sauce.
- Grill 12 to 14 min. or until chicken is done, brushing with reserved sauce for the last 2 min.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.1639130329308%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 51.72kcal (2.59%), Fat: 2.86g (4.4%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.69g (1.87%), Cholesterol: 14.02mg (4.67%), Sodium: 85.06mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin B3: 1.97mg (9.87%), Selenium: 6.47µg (9.25%), Vitamin B6: 0.14mg (6.89%), Phosphorus: 44.35mg (4.44%), Vitamin B5: 0.28mg (2.76%), Potassium: 88.23mg (2.52%), Vitamin B1: 0.03mg (1.99%), Magnesium: 5.94mg (1.49%), Vitamin B2: 0.03mg (1.48%), Zinc: 0.19mg (1.27%), Vitamin B12: 0.06µg (1.03%), Vitamin E: 0.15mg (1.01%)