



Chicken-Bacon Nuggets



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon cut into thirds
- ☐ 2 large skinned and boned chicken breast halves
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup orange marmalade
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup soya sauce

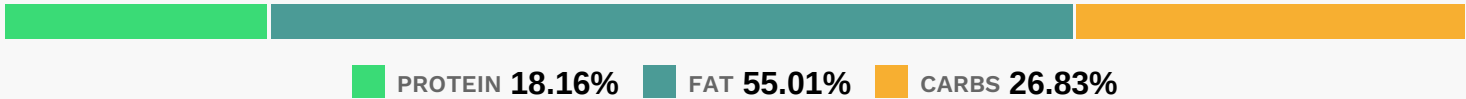
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Cut chicken breasts into 24 (1-inch) cubes. Wrap each chicken cube with bacon, and secure with a wooden pick.
- ☐ Stir together orange marmalade, soy sauce, sesame oil, ground ginger, and minced garlic in a shallow dish or large zip-top freezer bag; add chicken nuggets. Cover or seal, and chill 2 hours, turning occasionally.
- ☐ Coat a rack and broiler pan with cooking spray.
- ☐ Place chicken nuggets on rack in broiler pan.
- ☐ Bake at 450 for 10 minutes; turn and bake 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:6.6578261256218%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 279.77kcal (13.99%), Fat: 17.31g (26.63%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 18.68g (6.79%), Sugar: 16.18g (17.98%), Cholesterol: 43.47mg (14.49%), Sodium: 792.97mg (34.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.71%), Vitamin B3: 5.54mg (27.7%), Selenium: 18.44µg (26.35%), Vitamin B6: 0.39mg (19.64%), Phosphorus: 136.3mg (13.63%), Manganese: 0.18mg (9.09%), Vitamin B1: 0.11mg (7.55%), Vitamin B5: 0.74mg (7.44%), Potassium: 234.21mg (6.69%), Vitamin B2: 0.08mg (4.94%), Magnesium: 18.55mg (4.64%), Zinc: 0.63mg (4.23%), Vitamin B12: 0.22µg (3.7%), Iron: 0.6mg (3.36%), Copper: 0.06mg (3.13%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.28mg (1.86%), Calcium: 16.7mg (1.67%), Folate: 5.7µg (1.43%), Fiber: 0.32g (1.29%), Vitamin D: 0.16µg (1.03%)