



Chicken Bites with Sweet-Hot Tomato Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices precooked bacon
- ☐ 2 skinned and boned chicken breast halves
- ☐ 0.3 teaspoon lemon pepper seasoning
- ☐ 0.5 cup mango chutney hot
- ☐ 0.5 cup salsa

Equipment

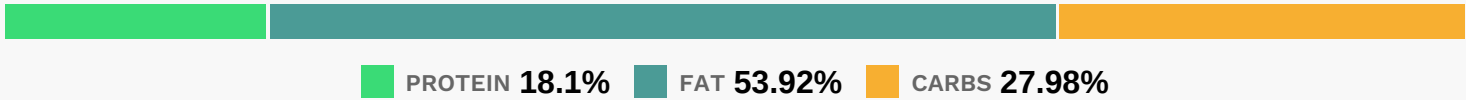
- ☐ food processor
- ☐ oven

- ☐ blender
- ☐ broiler pan

Directions

- ☐ Cut each chicken breast into 12 cubes.
- ☐ Sprinkle with seasoning.
- ☐ Cut bacon slices in half crosswise. Wrap bacon around each chicken cube; secure with wooden picks. Arrange on a lightly greased rack in a broiler pan.
- ☐ Bake at 450 for 10 to 12 minutes or until bacon is crisp.
- ☐ Process chutney and salsa in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Serve with chicken bites.
- ☐ NOTE: For testing purposes only, we used Ready Crisp precooked bacon.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:10.58, Inflammation Score:-2, Nutrition Score:7.6282609234685%

Nutrients (% of daily need)

Calories: 311.68kcal (15.58%), Fat: 18.5g (28.47%), Saturated Fat: 6.07g (37.95%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.88g (7.59%), Sugar: 14.57g (16.19%), Cholesterol: 53.15mg (17.72%), Sodium: 486.19mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.95%), Selenium: 21.66µg (30.95%), Vitamin B3: 5.95mg (29.76%), Vitamin B6: 0.44mg (22.16%), Phosphorus: 154.91mg (15.49%), Vitamin B1: 0.16mg (10.52%), Potassium: 305.31mg (8.72%), Vitamin B5: 0.83mg (8.32%), Vitamin B2: 0.1mg (6%), Zinc: 0.8mg (5.33%), Vitamin B12: 0.3µg (4.92%), Magnesium: 19.6mg (4.9%), Vitamin C: 3.36mg (4.07%), Vitamin E: 0.56mg (3.73%), Copper: 0.07mg (3.61%), Iron: 0.56mg (3.1%), Fiber: 0.72g (2.89%), Manganese: 0.06mg (2.85%), Vitamin A: 132.04IU (2.64%), Calcium: 16.19mg (1.62%), Vitamin D: 0.21µg (1.42%), Folate: 5.5µg (1.38%), Vitamin K: 1.12µg (1.07%)