



Chicken, Fig, and Pancetta Bites

READY IN



20 min.

SERVINGS



8

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings drizzle balsamic vinegar
- ☐ 1 package inch wooden party picks
- ☐ 12 figs fresh split
- ☐ 8 servings drizzle olive oil extra-virgin
- ☐ 24 slices pancetta
- ☐ 8 servings salt and pepper
- ☐ 2 pounds chicken thighs boneless skinless

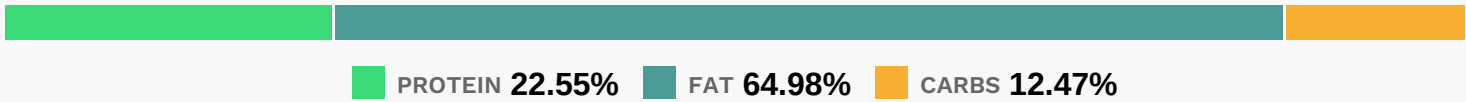
Equipment

- ☐ frying pan
- ☐ grill
- ☐ stove
- ☐ skewers
- ☐ grill pan

Directions

- ☐ If using fresh figs proceed to the preheat instructions. If using dried figs, place a small pan of water on stove and bring to a simmer.
- ☐ Add figs and plump them in water for 5 minutes.
- ☐ Drain and cool.
- ☐ Preheat griddle or grill pan over medium to high heat.
- ☐ Cut chicken into large chunks: cut a tenderloin in half or cut a thigh into 3 chunks.
- ☐ Drizzle chicken with balsamic and oil and toss to coat. Wash hands and season chicken with salt and pepper.
- ☐ Place a half fig on each piece of chicken and wrap with 1 slice of pancetta. Skewer to secure and place on grill. Wash hands again. Grill chicken bites 4 to 5 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:3.37, Inflammation Score:-2, Nutrition Score:14.279565176238%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 504.02kcal (25.2%), Fat: 36.05g (55.47%), Saturated Fat: 8.8g (55%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.04g (5.1%), Sugar: 8.59g (9.54%), Cholesterol: 135.69mg (45.23%), Sodium: 620.54mg (26.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.31%), Selenium: 34.57µg (49.39%), Vitamin B3: 8.41mg (42.03%), Vitamin B6: 0.64mg (32.04%), Phosphorus: 294.03mg (29.4%), Vitamin B5: 1.67mg (16.74%),

Vitamin E: 2.5mg (16.69%), Vitamin B1: 0.25mg (16.67%), Zinc: 2.41mg (16.09%), Vitamin B12: 0.94µg (15.73%),
Vitamin B2: 0.26mg (15.53%), Vitamin K: 14.49µg (13.8%), Potassium: 473.49mg (13.53%), Magnesium: 44.33mg
(11.08%), Iron: 1.79mg (9.93%), Manganese: 0.16mg (7.79%), Copper: 0.13mg (6.51%), Fiber: 1.53g (6.13%), Calcium:
39.39mg (3.94%), Folate: 12.9µg (3.23%), Vitamin D: 0.17µg (1.12%)