

Chicken Slavinks

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 rashers streaky bacon
- ☐ 2 tablespoons breadcrumbs
- ☐ 750 g chicken mince
- ☐ 5 cloves garlic diced finely
- ☐ 6 servings salt & ground pepper fresh
- ☐ 100 ml olive oil
- ☐ 1 large onion diced finely
- ☐ 1 tablespoon rod's rub sweet

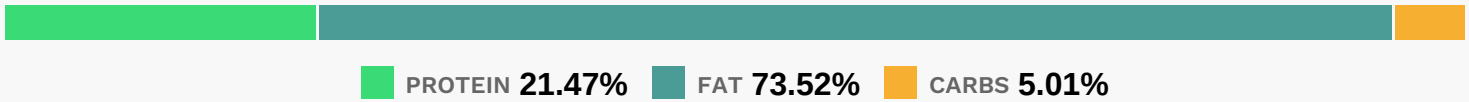
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a frying pan, add the onion, garlic and olive oil and sweat until the onion is soft and translucent, leave to cool.
- ☐ Place the chicken mince in a bowl and add the cooled onion and garlic, Rod’s Rub, Sweet Mesquite, breadcrumbs and season with salt and pepper.To help the chicken mince stay together and not crumble, work the mixture with your hands for about five minutes, this develops the collagen which sticks it together.Divide the chicken mince into six portions, then lay 2 pieces of bacon crosswise, put a patty of chicken mince in the middle and lay the bacon over to enclose the filling.Repeat with the rest of the ingredients.Grill or fry on a low heat, until the bacon is nicely browned and the chicken cooked through.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.75, Inflammation Score:-2, Nutrition Score:15.010434775249%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 525.68kcal (26.28%), Fat: 43.07g (66.26%), Saturated Fat: 10.9g (68.13%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.31g (1.46%), Cholesterol: 136.54mg (45.51%), Sodium: 586.38mg (25.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.59%), Vitamin B3: 9.03mg (45.13%), Vitamin B6: 0.83mg (41.54%), Selenium: 22.96µg (32.8%), Phosphorus: 303.58mg (30.36%), Potassium: 797.43mg

(22.78%), Vitamin B2: 0.36mg (21.24%), Vitamin B1: 0.31mg (20.55%), Vitamin E: 2.74mg (18.24%), Vitamin B5: 1.67mg (16.73%), Zinc: 2.5mg (16.65%), Vitamin B12: 0.93µg (15.53%), Vitamin K: 15.89µg (15.14%), Iron: 1.78mg (9.91%), Magnesium: 37.59mg (9.4%), Manganese: 0.18mg (8.79%), Copper: 0.13mg (6.56%), Calcium: 32.99mg (3.3%), Vitamin C: 2.71mg (3.28%), Fiber: 0.7g (2.81%), Folate: 10.56µg (2.64%), Vitamin D: 0.18µg (1.17%)