



Chuzos de Pollo con Tocineta (Chicken and Bacon Skewers)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into pieces
- ☐ 1 Tbs cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 2 servings salt and pepper

- ☐ 1 scallion finely chopped
- ☐ 1 lb chicken breasts boneless skinless cut into pieces

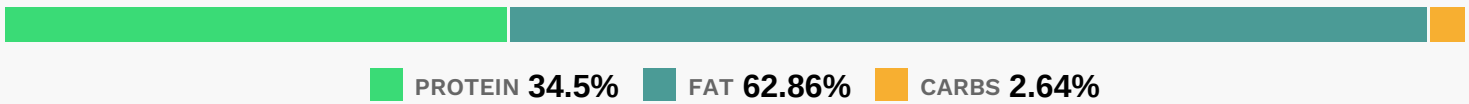
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ In a large bowl, combine the oil, garlic, cilantro, onion, scallion, cumin, salt and pepper. Stir in the chicken. Cover and marinate in the refrigerator for about 3 hours or overnight. Meanwhile, preheat a gas grill.
- ☐ Place the entire wooden skewers in water and let stand for at least 30 minutes. When the grill is hot, drain the skewers. Wrap the chicken chunks with bacon and thread onto skewers so that the bacon is secured. Adjust the grille so that the permimeter burners remain on and the burners at the center of the grille are turned off, or a similar configuration (follow directions as closely as possible if not using a gas grille).
- ☐ Place the skewers on the perimeter of the grill rack directly over the flame. Grill, turning the skewers once or twice, until the chicken is browned, about 5 minutes total. Move the skewers to the center of the grill rack so they are not directly over the flame. Cover the grill and cook, turning the skewers occasionally, until the chicken is opaque throughout and the juices run clear, 10 to 15 minutes more.
- ☐ Transfer the skewers to a platter or individual plates and serve with lime wedges and your favorite vegetables.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:25.877826244935%

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 Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 673.84kcal (33.69%), Fat: 46.23g (71.12%), Saturated Fat: 12.01g (75.09%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.03g (1.15%), Cholesterol: 188.71mg (62.9%), Sodium: 897.28mg (39.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.09g (114.18%), Vitamin B3: 26.41mg (132.05%), Selenium: 86.43µg (123.47%), Vitamin B6: 1.94mg (97.08%), Phosphorus: 586.51mg (58.65%), Vitamin B5: 3.65mg (36.46%), Potassium: 1037.78mg (29.65%), Vitamin B1: 0.35mg (23.27%), Vitamin K: 22.08µg (21.03%), Vitamin E: 2.79mg (18.61%), Magnesium: 72.72mg (18.18%), Vitamin B2: 0.3mg (17.4%), Zinc: 2.21mg (14.75%), Vitamin B12: 0.78µg (13.06%), Iron: 1.71mg (9.48%), Vitamin C: 6.36mg (7.71%), Manganese: 0.14mg (7.24%), Copper: 0.12mg (5.78%), Folate: 16.98µg (4.24%), Vitamin A: 172.79IU (3.46%), Calcium: 34.04mg (3.4%), Vitamin D: 0.49µg (3.27%), Fiber: 0.62g (2.47%)