



Double Barbecue Bacon-Wrapped Grilled Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup salad dressing
- 2 teaspoons juice of lemon
- 1 teaspoon apple cider vinegar
- 2 teaspoons parsley chopped
- 0.3 teaspoon hot sauce red
- 4 chicken breast boneless skinless
- 8 slices farro

- 2 teaspoons barbecue seasoning
- 0.3 cup barbecue sauce

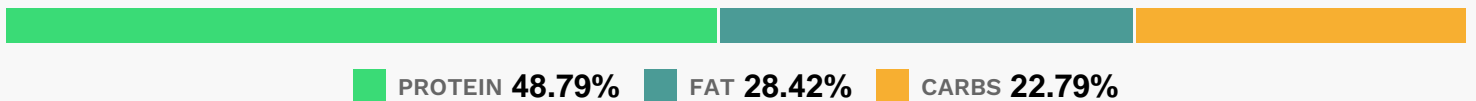
Equipment

- bowl
- toothpicks
- grill

Directions

- Heat gas or charcoal grill. In small bowl, stir together white barbecue sauce ingredients; cover and refrigerate until serving time.
- Wrap each chicken breast with 2 slices bacon, stretching bacon to cover as much of the breast as possible; secure ends of bacon to chicken with toothpicks.
- Sprinkle both sides with barbecue seasoning.
- Place chicken on grill over medium heat. Cover grill; cook 5 minutes.
- Brush with 2 tablespoons of the barbecue sauce. Cook 5 to 7 minutes longer or until juice of chicken is clear when center of thickest part is cut (170°F). Turn chicken; brush with remaining barbecue sauce.
- Serve chicken topped with white barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:13.79565217184%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg 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: 205.7kcal (10.28%), Fat: 6.34g (9.75%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 10.92g (3.97%), Sugar: 7.67g (8.53%), Cholesterol: 72.32mg (24.11%), Sodium: 468.49mg (20.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.98%), Vitamin B3: 12.03mg (60.15%), Selenium: 37.04µg (52.91%), Vitamin B6: 0.91mg (45.28%), Vitamin K: 29.46µg (28.06%), Phosphorus: 248.73mg (24.87%), Vitamin B5: 1.65mg (16.46%), Potassium: 494.75mg (14.14%), Manganese: 0.22mg (11.09%), Magnesium: 38.65mg (9.66%), Iron: 1.48mg (8.2%), Vitamin B2: 0.13mg (7.62%), Vitamin B1: 0.09mg (5.88%), Zinc: 0.79mg (5.28%), Vitamin E: 0.72mg (4.78%), Calcium: 38.55mg (3.86%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 3.04mg (3.68%), Copper: 0.07mg (3.48%), Vitamin A: 149IU (2.98%), Folate: 9.19µg (2.3%), Fiber: 0.53g (2.1%)