



Fondue Dippers: Bacon Wrapped Chicken with Spinach, Blanched Vegetables and Apples

READY IN



25 min.

SERVINGS



6

CALORIES



893 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple brandy
- ☐ 6 slices smoky bacon halved (recommended: Oscars from Warrensburg)
- ☐ 1 pinch cayenne pepper
- ☐ 12 chicken tenderloins
- ☐ 1.5 tablespoons cornstarch
- ☐ 1.8 cups cooking wine dry white
- ☐ 0.8 pound emmentaler shredded
- ☐ 10 ounce pkt spinach frozen chopped

- ☐ 1 jar pickled cucumbers / gherkins mini drained
- ☐ 0.8 pound gruyere cheese shredded
- ☐ 1 tablespoon juice of lemon
- ☐ 6 servings nutmeg freshly grated to taste
- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 1 jar pickled pearl onions drained
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 bag pretzel rods
- ☐ 1 bunch radishes trimmed
- ☐ 1 large pepper red seeded sliced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 teaspoon paprika smoked sweet
- ☐ 1 bundle white green trimmed thin
- ☐ 6 servings whole-grain diced seeded for dipping
- ☐ 1 bundle white green trimmed thin

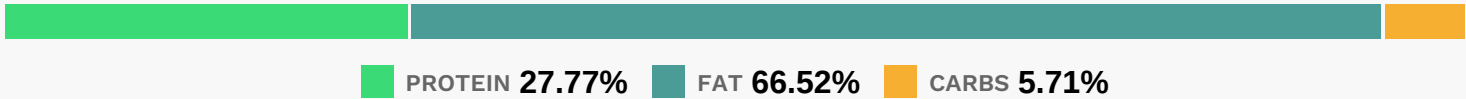
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ microwave
- ☐ kitchen towels
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Defrost spinach in microwave.
- ☐ Drizzle a little oil on large plate and have a rack sitting on baking a sheet or slotted broiler pan nearby. Halve the bacon across and reserve on a meat-safe prep board. Halve the chicken tenders and slide into the dish with olive oil. Season with salt, pepper, poultry seasoning and paprika. Wring out the spinach in a clean dish towel and put the spinach in a small dish. Top each piece of chicken with a little spinach and wrap with bacon. Arrange, seem side down, on the baking pan.
- ☐ Bake until golden and firm, 18 to 20 minutes.
- ☐ Meanwhile, bring a few inches of salted water to a boil in a medium saucepan over medium heat. Have a large bowl of ice water, for shocking the vegetables, ready as well.
- ☐ Add the radishes to the boiling water and blanch for 1 minute, then remove them and shock in ice water. Repeat with the pepper removing them with tongs or small strainer or spider.
- ☐ Add the asparagus and cook until crisp-tender, about 2 to 3 minutes, then shock and reserve.
- ☐ If using fresh onions, add last and cook for 3 minutes to loosen skins. Shock them and use a towel to wipe away the skins.
- ☐ Arrange the meat, vegetables and pretzels around a fondue pot and serve with cubed bread in a basket.
- ☐ Put the wine in a fondue pot and bring to a bubble over medium heat. Reduce the heat to a simmer.
- ☐ Add the lemon juice, then add the cheeses in handfuls, stirring in a figure-8 motion with wooden spoon. When the cheese is fully melted, stir the cornstarch into the brandy, in a small bowl until smooth, then add to cheese. Season with nutmeg and cayenne and serve over a warming station for your fondue pot.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:43.394782750503%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 893.24kcal (44.66%), Fat: 62.4g (96%), Saturated Fat: 27.04g (169.02%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 9.1g (3.31%), Sugar: 4.11g (4.56%), Cholesterol: 193.62mg (64.54%), Sodium: 819.67mg (35.64%), Alcohol: 7.21g (100%), Alcohol %: 2.17% (100%), Protein: 58.62g (117.23%), Vitamin K: 191.83µg (182.7%), Vitamin A: 7629.88IU (152.6%), Calcium: 1164.8mg (116.48%), Phosphorus: 963.68mg (96.37%), Selenium: 64.87µg (92.67%), Vitamin B3: 12.11mg (60.54%), Vitamin B6: 1.12mg (56.02%), Vitamin C: 41.8mg (50.66%), Vitamin B12: 2.93µg (48.82%), Zinc: 6.05mg (40.36%), Vitamin B2: 0.6mg (35.35%), Vitamin E: 4.73mg (31.51%), Magnesium: 120.62mg (30.16%), Manganese: 0.59mg (29.59%), Folate: 102.78µg (25.7%), Potassium: 826.47mg (23.61%), Vitamin B5: 2.31mg (23.09%), Vitamin B1: 0.24mg (16.17%), Iron: 2.24mg (12.42%), Fiber: 2.96g (11.85%), Copper: 0.19mg (9.67%), Vitamin D: 0.53µg (3.52%)