



## Grilled Barbecued Bacon-Chicken Skewers

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



15

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.1 oz bacon refrigerated fully cooked (15 pieces)
- 15 bamboo skewers (6 inch)
- 0.5 cup barbecue sauce
- 4 large spring onion
- 1 lb chicken breast boneless skinless

### Equipment

- grill
- skewers

## Directions

- Soak skewers in water at least 30 minutes to prevent burning. Meanwhile, cut each chicken breast in half lengthwise, then cut crosswise to make 10 (about 1-inch) pieces.
- Cut onions into 2-inch pieces (30 pieces total).
- Cut bacon slices in half crosswise.
- Heat gas or charcoal grill. Push 1 skewer through end of 1 bacon piece, then through middle of 1 chicken piece and back through other end of bacon piece; add 2 onion pieces, then repeat with another bacon piece and chicken piece.
- Place on large plate or tray. Repeat to make remaining kabobs.
- Place kabobs on grill over medium heat. Cover grill; cook 5 minutes. Turn kabobs; brush with half of the barbecue sauce. Cover; cook 5 minutes. Turn kabobs; brush with remaining sauce. Cover; cook about 1 minute longer or until chicken is no longer pink in center. If desired, serve with additional barbecue sauce for dipping.

## Nutrition Facts



## Properties

Glycemic Index:4.27, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:4.636086984821%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 71.77kcal (3.59%), Fat: 2.25g (3.47%), Saturated Fat: 0.66g (4.09%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.34g (3.71%), Cholesterol: 23.28mg (7.76%), Sodium: 201.09mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Vitamin B3: 3.66mg (18.32%), Selenium: 11.86µg (16.94%), Vitamin K: 14.03µg (13.36%), Vitamin B6: 0.26mg (13.02%), Phosphorus: 83.53mg (8.35%), Vitamin B5: 0.5mg (4.97%), Potassium: 173.01mg (4.94%), Vitamin B1: 0.05mg (3.18%), Vitamin B2: 0.05mg (2.96%), Magnesium: 11.71mg (2.93%), Zinc: 0.35mg (2.3%), Vitamin C: 1.68mg (2.04%), Vitamin A: 98.49IU (1.97%), Iron: 0.31mg (1.74%), Vitamin B12: 0.1µg (1.73%), Manganese: 0.03mg (1.48%), Folate: 5.7µg (1.42%), Copper: 0.03mg (1.29%), Vitamin E: 0.19mg (1.29%), Fiber: 0.27g (1.09%)