



Slow Cooker Bacon Wrapped Apple BBQ Chicken



Gluten Free



Dairy Free



Popular

READY IN



490 min.

SERVINGS



2

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large apples peeled
- ☐ 4 slices bacon
- ☐ 0.5 cup bbq sauce homemade store bought (or)
- ☐ 2 tablespoons juice of lemon
- ☐ 2 small chicken breasts boneless skinless

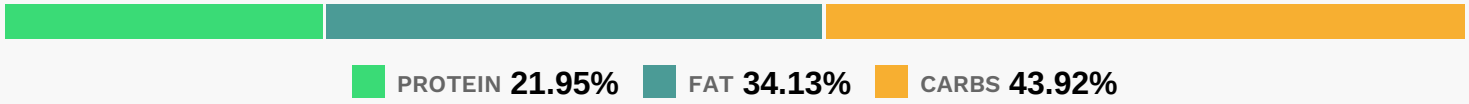
Equipment

- ☐ slow cooker

Directions

- ☐ Wrap each chicken breast in 2 slices of bacon and place in a slow cooker.
- ☐ Mix the BBQ sauce, apples and lemon juice and pour it over the chicken.Cook on low for 8 hours.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:8.14, Inflammation Score:-5, Nutrition Score:19.11956523294%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 554.54kcal (27.73%), Fat: 21.26g (32.7%), Saturated Fat: 6.59g (41.2%), Carbohydrates: 61.54g (20.51%), Net Carbohydrates: 55.5g (20.18%), Sugar: 47.31g (52.56%), Cholesterol: 101.36mg (33.79%), Sodium: 1161.19mg (50.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.52%), Vitamin B3: 14.2mg (71%), Selenium: 45.95µg (65.64%), Vitamin B6: 1.12mg (55.77%), Phosphorus: 340.69mg (34.07%), Potassium: 925.16mg (26.43%), Fiber: 6.04g (24.16%), Vitamin C: 17.85mg (21.63%), Vitamin B5: 2.13mg (21.27%), Vitamin B1: 0.25mg (16.78%), Vitamin B2: 0.25mg (14.64%), Magnesium: 56.01mg (14%), Manganese: 0.19mg (9.59%), Vitamin E: 1.4mg (9.33%), Zinc: 1.39mg (9.29%), Copper: 0.16mg (8.15%), Vitamin B12: 0.45µg (7.43%), Iron: 1.34mg (7.42%), Vitamin A: 331.66IU (6.63%), Vitamin K: 6.42µg (6.11%), Calcium: 45.72mg (4.57%), Folate: 15.64µg (3.91%), Vitamin D: 0.29µg (1.93%)