



Tangy Bacon-Chicken Grill



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon cut into 1/2-inch pieces
- ☐ 0.8 cup balsamic vinaigrette
- ☐ 1.5 cups baby carrots
- ☐ 1 medium onion cut into 8 wedges
- ☐ 1 medium bell pepper green cut into 8 pieces
- ☐ 1 medium bell pepper red cut into 8 pieces
- ☐ 8 oz green beans fresh whole trimmed
- ☐ 16 oz chicken breast boneless skinless

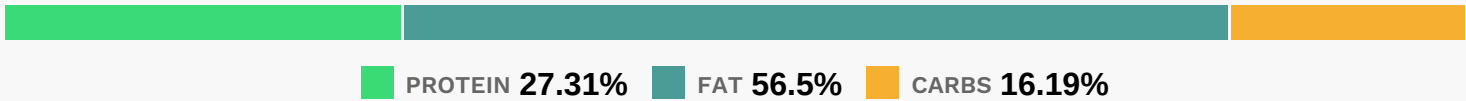
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Heat gas or charcoal grill. In 12-inch nonstick skillet, cook bacon, stirring occasionally, until crisp; drain on paper towel. Discard all but 2 tablespoons bacon drippings in skillet.
- ☐ Stir dressing into drippings in skillet.
- ☐ Remove from heat.
- ☐ Remove 1/4 cup dressing mixture from skillet; reserve.
- ☐ Add carrots, onion, bell peppers and beans to remaining dressing mixture in skillet; stir to coat. With slotted spoon, place vegetables in grill basket (grill "wok"). Reserve dressing mixture in skillet.
- ☐ Place chicken and grill basket on grill over medium heat. Cover grill; cook 15 to 20 minutes, shaking grill basket occasionally, turning chicken once and brushing reserved dressing mixture from skillet over chicken, until vegetables are crisp-tender and juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ To serve, arrange vegetables around chicken.
- ☐ Sprinkle with bacon; drizzle with reserved 1/4 cup dressing mixture.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:27.100434831951%

Flavonoids

Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 419.39kcal (20.97%), Fat: 26.07g (40.1%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 12.29g (4.47%), Sugar: 8.74g (9.71%), Cholesterol: 83.46mg (27.82%), Sodium: 683.05mg (29.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.71%), Vitamin A: 8092.65IU (161.85%), Vitamin C: 73.56mg (89.16%), Vitamin B3: 13.64mg (68.2%), Vitamin B6: 1.21mg (60.49%), Selenium: 40.54µg (57.92%), Phosphorus: 318.54mg (31.85%), Vitamin K: 32.89µg (31.32%), Potassium: 840.62mg (24.02%), Vitamin B5: 2.19mg (21.85%), Fiber: 4.52g (18.08%), Manganese: 0.32mg (15.94%), Vitamin B1: 0.22mg (14.98%), Magnesium: 59.73mg (14.93%), Folate: 58.09µg (14.52%), Vitamin B2: 0.24mg (14.36%), Iron: 1.79mg (9.92%), Zinc: 1.23mg (8.2%), Copper: 0.16mg (8%), Vitamin E: 1.1mg (7.36%), Calcium: 58.64mg (5.86%), Vitamin B12: 0.31µg (5.15%), Vitamin D: 0.18µg (1.2%)