

Chicken Thighs with Bacon

Serves four

8 skinless chicken thighs or bone

½ cup barbecue sauce

8-16 slices of bacon

Salt and pepper

Heat your oven to 350 degrees F (180 C).

Rinse and dry thighs. Place them on a rack in a roasting pan and season both sides with salt and pepper.

Generously apply barbecue sauce to the inside of the thigh. Fold the thighs to their original shape. Apply barbecue sauce on both sides of the folded thigh.

Wash your hands and start wrapping each thigh in bacon. You can use one or two slices. You decide. Check out the nutritional information at the bottom if you would like.

Apply a thin layer of barbecue sauce on the bacon on top of each thigh and place into the oven. Cook the chicken for 40-45 minutes or until chicken is fully cooked. Carefully flip the chicken at around 30 minutes so the bacon cooks evenly on both sides.

Serve and enjoy.

1 thigh / 2 bacon - CALORIES 474.12; FAT 39.26 g (sat 12.11; mono 16.05; poly 7.15);
PROTEIN 22.74 g; FIBER 0.17 g; Carbohydrates 2.30 g; CHOLESTEROL 140.16 mg; IRON 1.50
mg; SODIUM 1098.95 mg; 9.62 mg calcium

2 thighs / 1 bacon - CALORIES 354.02; FAT 21.97 g (sat 5.28, mono 7.25; poly 5.11); PROTEIN
43.48 g; FIBER 0.34 g; CARBS 4.03 g; CHOLESTEROL 186.27 mg; IRON 2.42 mg; SODIUM
1254.56 mg; 12.13 mg calcium