



## Ancho Chocolate BBQ Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**85 min.**

SERVINGS



**25**

CALORIES



**111 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp ancho chile pepper powder
- 0.8 cup original barbecue sauce kraft
- 3 oz baker's bittersweet chocolate
- 4 lb broiler-fryer chicken whole
- 2 Tbsp water hot

### Equipment

- bowl
- grill

microwave

## Directions

Heat grill to medium heat.

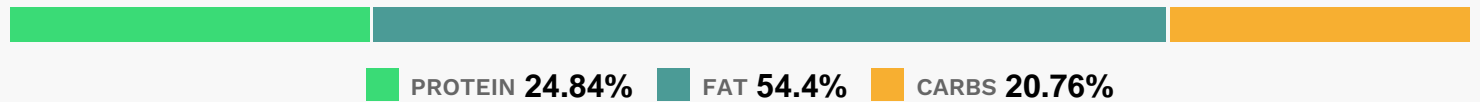
Microwave chocolate in small microwaveable bowl on HIGH 1 min.; stir until melted. Stir in barbecue sauce and pepper powder.

Grill chicken 1 hour 15 min. or until done (165F), turning occasionally and brushing with 1/3 cup of the barbecue sauce mixture for the last 15 min.

Stir water into remaining barbecue sauce mixture.

Serve with chicken.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.3430434763432%

## Nutrients (% of daily need)

Calories: 111.27kcal (5.56%), Fat: 6.64g (10.21%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.18g (1.88%), Sugar: 4.34g (4.82%), Cholesterol: 26.33mg (8.78%), Sodium: 113.7mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Vitamin B3: 2.5mg (12.5%), Selenium: 5.43µg (7.76%), Vitamin B6: 0.13mg (6.72%), Phosphorus: 62.71mg (6.27%), Vitamin A: 226.29IU (4.53%), Zinc: 0.57mg (3.78%), Magnesium: 14.6mg (3.65%), Vitamin B5: 0.35mg (3.47%), Iron: 0.62mg (3.44%), Manganese: 0.07mg (3.37%), Copper: 0.07mg (3.34%), Potassium: 116.09mg (3.32%), Vitamin B2: 0.06mg (3.26%), Fiber: 0.52g (2.08%), Vitamin B12: 0.11µg (1.9%), Vitamin B1: 0.02mg (1.63%), Vitamin K: 1.56µg (1.49%), Vitamin E: 0.21mg (1.41%)