



Apricot Glazed Grilled BBQ Chicken Thighs

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

READY IN



25 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken thighs boneless skinless
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup apricot preserves
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 2 teaspoons dijon mustard
- 2 garlic clove minced

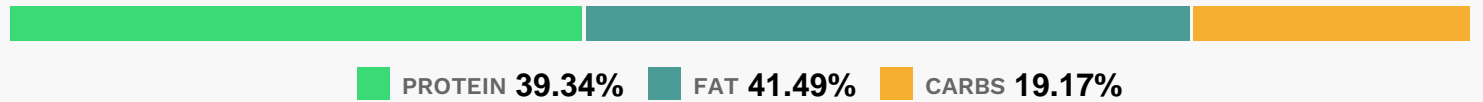
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill.
- Sprinkle chicken thighs with salt and pepper. In small bowl, combine all remaining ingredients; mix well. Set aside.
- When grill is heated, place chicken on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until chicken is fork-tender and juices run clear, turning once and brushing with preserves mixture once halfway through cooking time. Discard any remaining preserves mixture.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:12.27478258247%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 283.92kcal (14.2%), Fat: 12.96g (19.94%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 13.25g (4.82%), Sugar: 8.64g (9.6%), Cholesterol: 134.66mg (44.89%), Sodium: 307.68mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.65g (55.31%), Selenium: 33.51µg (47.87%), Vitamin B3: 7.95mg (39.75%), Vitamin B6: 0.66mg (32.77%), Phosphorus: 271.45mg (27.15%), Vitamin B5: 1.72mg (17.23%), Vitamin B2: 0.26mg (15.22%), Vitamin B12: 0.91µg (15.12%), Zinc: 2.2mg (14.7%), Potassium: 379.46mg (10.84%), Vitamin B1: 0.14mg (9.03%), Magnesium: 35.56mg (8.89%), Vitamin E: 1.3mg (8.67%), Vitamin K: 8.59µg (8.18%), Iron: 1.36mg (7.57%), Copper: 0.11mg (5.39%), Manganese: 0.1mg (5.05%), Vitamin C: 2.21mg (2.68%), Calcium: 22.23mg (2.22%), Vitamin A: 77.03IU (1.54%), Folate: 6.11µg (1.53%)