



Apricot-Glazed Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 chicken thighs bone-in
- ☐ 2 chicken breast halves bone-in
- ☐ 2 skin-on chicken drumsticks
- ☐ 1 garlic clove minced
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons red wine vinegar

☐ 0.5 teaspoon sea salt fine

Equipment

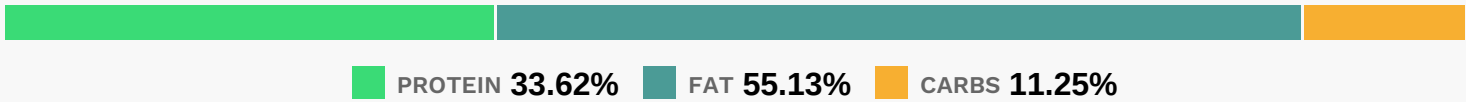
☐ bowl

☐ grill

Directions

- ☐ Combine first 4 ingredients in a small bowl, stirring well.
- ☐ Prepare grill for indirect grilling. If using a gas grill, heat one side to medium-high and leave one side with no heat. If using a charcoal grill, arrange hot coals on one side of charcoal grate, leaving the other side empty.
- ☐ Let chicken stand at room temperature for 30 minutes.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Place chicken, meaty sides down, on grill rack coated with cooking spray over direct heat; grill 5 minutes or until browned.
- ☐ Turn chicken over; baste with apricot mixture. Grill 5 minutes over direct heat or until browned. Turn chicken over, moving it over indirect heat; baste with apricot mixture. Cover and cook 15 minutes. Turn chicken over; baste with apricot mixture. Cook 20 minutes or until done.
- ☐ Combine 2 tablespoons hoisin sauce, 1 tablespoon honey, 1 tablespoon dark sesame oil, 1 teaspoon sambal oelek (or other hot chile sauce), and 3 minced garlic cloves, stirring well until blended. Prepare Apricot-Glazed Grilled Chicken, omitting apricot preserves, vinegar, olive oil, and garlic. Baste chicken with hoisin mixture after each turn.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:13.3999999929511%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin:

0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 368.39kcal (18.42%), Fat: 22.27g (34.26%), Saturated Fat: 5.21g (32.57%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 10.14g (3.69%), Sugar: 6.52g (7.24%), Cholesterol: 141.79mg (47.26%), Sodium: 458.08mg (19.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.11%), Selenium: 39.35µg (56.21%), Vitamin B3: 11.09mg (55.46%), Vitamin B6: 0.81mg (40.47%), Phosphorus: 298.04mg (29.8%), Vitamin B5: 1.94mg (19.4%), Zinc: 1.98mg (13.2%), Potassium: 460.84mg (13.17%), Vitamin B12: 0.78µg (13.06%), Vitamin B2: 0.22mg (12.91%), Magnesium: 37.3mg (9.32%), Vitamin B1: 0.12mg (8.13%), Vitamin E: 1.11mg (7.39%), Iron: 1.1mg (6.09%), Vitamin K: 5.95µg (5.67%), Copper: 0.1mg (4.75%), Manganese: 0.07mg (3.26%), Vitamin C: 2.27mg (2.75%), Vitamin A: 122.22IU (2.44%), Calcium: 17.98mg (1.8%), Folate: 5.76µg (1.44%), Vitamin D: 0.17µg (1.11%)