



Asian-Glazed Grilled Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 chicken thighs bone-in
- 2 chicken breast halves bone-in
- 2 skin-on chicken drumsticks
- 1 tablespoon sesame oil dark
- 3 garlic cloves minced
- 2 tablespoons hoisin sauce
- 1 tablespoon honey

- 0.5 teaspoon sea salt fine
- 1 teaspoon sambal oelek hot (or other chile sauce)
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Equipment

- bowl
- grill

Directions

- Combine first 5 ingredients in a small bowl, stirring well until blended.
- 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 hoisin mixture. Grill 5 minutes over direct heat or until browned. Turn chicken over, moving it over indirect heat; baste with hoisin mixture. Cover and cook 15 minutes. Turn chicken over; baste with hoisin mixture. Cook 20 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:13.363043458565%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 350.99kcal (17.55%), Fat: 20.77g (31.95%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.59g (3.12%), Sugar: 6.52g (7.24%), Cholesterol: 142.03mg (47.34%), Sodium: 581.44mg (25.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.82g (61.65%), Selenium: 39.45µg (56.35%), Vitamin B3: 11.2mg (55.98%), Vitamin B6: 0.83mg (41.56%), Phosphorus: 302.53mg (30.25%), Vitamin B5: 1.95mg (19.55%), Vitamin B2: 0.24mg (13.95%), Zinc: 2.02mg (13.49%), Potassium: 464.57mg (13.27%), Vitamin B12: 0.78µg (13.06%), Magnesium: 38.8mg (9.7%), Vitamin B1: 0.13mg (8.35%), Iron: 1.09mg (6.04%), Manganese: 0.11mg (5.27%), Copper: 0.1mg (4.8%), Vitamin K: 3.34µg (3.18%), Vitamin E: 0.41mg (2.7%), Calcium: 20.07mg (2.01%), Folate: 7.6µg (1.9%), Vitamin A: 92.08IU (1.84%), Vitamin C: 1.44mg (1.74%), Fiber: 0.31g (1.25%), Vitamin D: 0.17µg (1.11%)