



Barbecue Chicken with Mustard Glaze



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 1 tablespoon t brown sugar dark
- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons garlic powder
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 6 ounce chicken thighs bone-in skinless
- ☐ 1 teaspoon paprika smoked

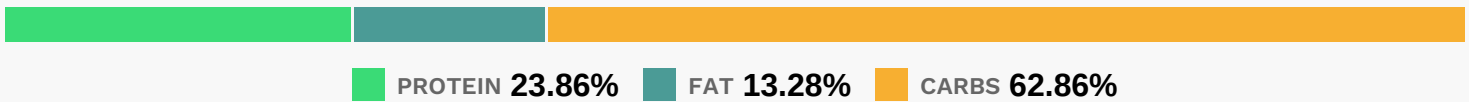
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Combine ketchup and next 3 ingredients (through mustard) in a small bowl; stir with a whisk.
- ☐ Heat a large grill pan over medium-high heat. Rub spice mixture evenly over chicken thighs. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 12 minutes. Turn chicken over.
- ☐ Brush with half of ketchup mixture; cook 12 minutes. Turn chicken over.
- ☐ Brush with remaining ketchup mixture; cook 2 minutes or until a thermometer registers 16
- ☐ Cut 2 zucchini and 1 yellow squash lengthwise into 1/4-inch-thick slices.
- ☐ Brush with 2 teaspoons olive oil; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Grill 3 minutes on each side or until tender.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:4.47391298802%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 91.91kcal (4.6%), Fat: 1.41g (2.17%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 14.14g (5.14%), Sugar: 12.14g (13.49%), Cholesterol: 24.24mg (8.08%), Sodium: 511.15mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.39%), Vitamin A: 628.51IU (12.57%), Selenium: 7.85µg (11.21%), Vitamin B6: 0.2mg (10%), Vitamin B3: 1.85mg (9.24%), Phosphorus: 67.1mg (6.71%), Vitamin E: 0.81mg (5.43%), Vitamin B2: 0.09mg (5.31%), Potassium: 172.57mg (4.93%), Iron: 0.76mg (4.24%), Manganese: 0.08mg (4.12%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.55mg (3.68%), Magnesium: 14.12mg (3.53%), Fiber: 0.86g (3.45%), Vitamin B1: 0.04mg (2.83%), Copper: 0.06mg (2.81%), Vitamin B12: 0.16µg (2.72%), Vitamin K: 2.71µg (2.58%), Calcium: 20.41mg (2.04%)