



## Barbecue Chicken with Succotash

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apple cider
- 1 tablespoon dijon mustard
- 10 ounce baby lima beans frozen
- 10 ounce regular corn frozen
- 0.3 cup catsup
- 4 servings kosher salt and pepper freshly ground
- 1 bell pepper red chopped
- 1 bunch scallions white green separated chopped ( and parts )

- 2 pounds skin-on bone-in
- 3 tablespoons butter unsalted
- 2 tablespoons worcestershire sauce

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil
- broiler

## Directions

- Position a rack in the upper third of the oven; preheat to 425 degrees F. Season the chicken with salt and pepper and place on a foil-lined rimmed baking sheet. Roast until the skin is golden and crisp, about 30 minutes.
- Combine the cider, ketchup, Worcestershire sauce and 1 tablespoon mustard in a small saucepan. Bring to a simmer over medium heat and cook, stirring, until slightly thickened, about 15 minutes.
- Melt the butter in a large skillet over medium heat.
- Add the scallion whites, bell pepper, 1/2 teaspoon salt and a few grinds of pepper. Cook, stirring, until the vegetables soften slightly, about 5 minutes.
- Add 1/4 cup water, the corn, lima beans and the remaining 1 teaspoon mustard. Bring to a simmer and continue cooking until the vegetables are tender, about 10 minutes. Stir in the scallion greens.
- Turn on the broiler.
- Brush the chicken with the prepared barbecue sauce and broil until the sauce is thick and bubbling, about 3 minutes.
- Serve with the succotash.
- Photograph by Justin Walker

## Nutrition Facts

PROTEIN 41.19% FAT 25.4% CARBS 33.41%

## Properties

Glycemic Index:34.19, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:34.731738961261%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 544.05kcal (27.2%), Fat: 15.54g (23.9%), Saturated Fat: 6.87g (42.97%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 38.71g (14.07%), Sugar: 8.33g (9.26%), Cholesterol: 167.72mg (55.91%), Sodium: 789.56mg (34.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.69g (113.38%), Vitamin B3: 26.22mg (131.08%), Selenium: 76.25µg (108.93%), Vitamin B6: 2.06mg (103.06%), Vitamin C: 54.92mg (66.56%), Phosphorus: 639.23mg (63.92%), Potassium: 1595.33mg (45.58%), Vitamin B5: 3.72mg (37.15%), Manganese: 0.74mg (36.98%), Magnesium: 128.4mg (32.1%), Vitamin A: 1545.14IU (30.9%), Fiber: 7.28g (29.13%), Vitamin B2: 0.42mg (24.67%), Vitamin B1: 0.34mg (22.65%), Iron: 3.71mg (20.59%), Folate: 77.4µg (19.35%), Zinc: 2.44mg (16.25%), Vitamin K: 15.66µg (14.91%), Copper: 0.24mg (11.8%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.47µg (7.86%), Calcium: 64.09mg (6.41%), Vitamin D: 0.38µg (2.56%)