



Barbeque Chicken with Grilled Squash



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 cup barbeque sauce
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 3 pounds chicken thighs bone-in
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder

- ☐ 1.5 tablespoons chili powder
- ☐ 1 teaspoon freshly garlic chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 tablespoons paprika
- ☐ 0.3 teaspoon freshly cracked pepper black
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon spicy brown mustard
- ☐ 1 tablespoon worcestershire sauce
- ☐ 4 baby squash yellow sliced lengthwise

Equipment

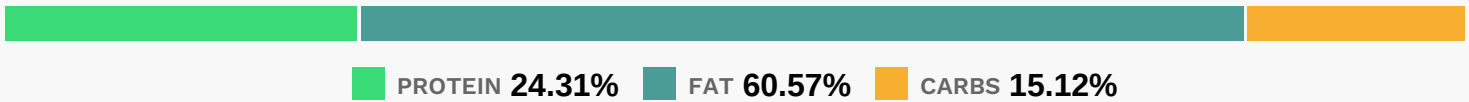
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ In a small bowl add all of the spice rub ingredients. Stir together with a fork until well blended. Reserve 3 tablespoons of the rub for the Grilled Brisket recipe.
- ☐ Sprinkle the remaining spice rub over the chicken parts until well coated.
- ☐ Preheat a grill pan over medium-high heat.
- ☐ Add the chicken and cook for 8 to 10 minutes per side. If using an outdoor grill, heat the grill on low. Arrange the chicken on the grill, cover and grill over indirect heat until cooked through about 10 to 15 minutes per side.
- ☐ While the chicken is grilling add all the barbeque sauce ingredients to a small pan and stir well to combine. Bring to a simmer over low heat and let cook for 5 minutes.

- ☐ Brush the chicken with the barbeque sauce. Cook for 3 minutes, flip and brush the other side of the chicken with remaining sauce and cook and additional 3 minutes.
- ☐ Let rest for 5 minutes before serving. Arrange the chicken on a serving platter and keep warm.
- ☐ Brush the squash with the canola oil and sprinkle with salt and pepper. Put on the grill and cook for 3 to 4 minutes per side over direct heat.
- ☐ Remove from the grill to a cutting board and cut into 1/2-inch thick slices.
- ☐ Transfer to a serving bowl and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:1.8, Inflammation Score:-9, Nutrition Score:35.984782700953%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 835.16kcal (41.76%), Fat: 56.67g (87.19%), Saturated Fat: 13.75g (85.92%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 26.52g (9.65%), Sugar: 20.32g (22.58%), Cholesterol: 283.38mg (94.46%), Sodium: 2873.83mg (124.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.17g (102.34%), Selenium: 57.81µg (82.58%), Vitamin B6: 1.63mg (81.74%), Vitamin B3: 15.38mg (76.89%), Vitamin A: 3098.04IU (61.96%), Phosphorus: 576.5mg (57.65%), Vitamin C: 38.39mg (46.53%), Vitamin B2: 0.76mg (44.9%), Potassium: 1417mg (40.49%), Manganese: 0.75mg (37.39%), Vitamin B5: 3.46mg (34.56%), Zinc: 4.64mg (30.92%), Vitamin B12: 1.85µg (30.84%), Vitamin E: 4.54mg (30.28%), Magnesium: 109.89mg (27.47%), Iron: 4.61mg (25.59%), Vitamin K: 25.53µg (24.32%), Vitamin B1: 0.36mg (23.84%), Fiber: 5.31g (21.23%), Copper: 0.37mg (18.56%), Folate: 71.36µg (17.84%), Calcium: 101.41mg (10.14%), Vitamin D: 0.29µg (1.93%)