



## Bayou Sam's Bourbon Chicken

 Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



1025 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup bourbon
- 1.5 teaspoons ground pepper finely
- 12 medium strips.
- 2.5 cups t brown sugar dark
- 1 tablespoon demi glace
- 2 tablespoons dehydrated onion dried
- 2 teaspoons garlic powder
- 2 teaspoons ground ginger

- 4 tablespoons honey
- 4 tablespoons blackstrap molasses
- 0.5 teaspoon sea salt
- 1 cup soya sauce
- 0.5 teaspoon pepper white
- 0.3 cup wine

## Equipment

- bowl
- frying pan
- oven
- grill

## Directions

- Cut chicken into bite size pieces and place in a bowl.<sup>2</sup>
- Mix all the sauce/marinade ingredients (except white wine and demi-glace) well and pour half over chicken. Reserving the other half for sauce. Cover and refrigerate (stirring often) for several hours (best overnight).<sup>3</sup> Two methods of preparation.<sup>4</sup> The best method is to heat a flat griddle on your grill to high heat, drizzle a little peanut oil just before placing chicken down.
- Drain marinated chicken and cook a couple minutes on each side or stir frying. Getting a good char on the edges adds to the flavor, so let it set a minute or two.<sup>5</sup>
- Heat reserved sauce that was set aside, adding the white wine and demi-glace, stir to incorporate well. Low simmer about 10 minutes.
- Serve as a dipping sauce, pour on dirty rice or Orzo.<sup>6</sup> Or.<sup>7</sup> Second method is bake chicken at 375 for 50 minutes in a single layer, basting every 10 minutes.
- Remove chicken. Scrape pan juices with all the brown bits into reserved sauce, add white wine and demi-glace and low simmer 10 minutes.<sup>8</sup> Great with Lemon Pepper Parboiled Rice and Soul Beans.<sup>9</sup> Sauce is also great reduced and used as a drizzle with grilled scallops.

## Nutrition Facts



■ PROTEIN 17.14% ■ FAT 34.7% ■ CARBS 48.16%

## Properties

Glycemic Index:29.71, Glycemic Load:10.81, Inflammation Score:-5, Nutrition Score:22.058260886565%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 1024.98kcal (51.25%), Fat: 37.83g (58.21%), Saturated Fat: 10.17g (63.53%), Carbohydrates: 118.14g (39.38%), Net Carbohydrates: 117.29g (42.65%), Sugar: 112.1g (124.56%), Cholesterol: 221.48mg (73.83%), Sodium: 2610.33mg (113.49%), Alcohol: 8.05g (100%), Alcohol %: 2.41% (100%), Protein: 42.04g (84.09%), Selenium: 46.91µg (67.02%), Vitamin B3: 12.41mg (62.07%), Vitamin B6: 1.05mg (52.47%), Phosphorus: 430.98mg (43.1%), Manganese: 0.79mg (39.74%), Vitamin B5: 2.72mg (27.19%), Potassium: 937mg (26.77%), Magnesium: 105.18mg (26.3%), Vitamin B12: 1.45µg (24.11%), Iron: 4.18mg (23.2%), Vitamin B2: 0.37mg (22.03%), Zinc: 3.21mg (21.42%), Copper: 0.3mg (15.21%), Vitamin B1: 0.21mg (14.14%), Calcium: 138.4mg (13.84%), Vitamin A: 384.83IU (7.7%), Vitamin K: 5.27µg (5.02%), Folate: 18.94µg (4.73%), Vitamin E: 0.63mg (4.22%), Fiber: 0.85g (3.42%), Vitamin C: 1.75mg (2.13%), Vitamin D: 0.23µg (1.51%)