



Bbq Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 0.3 cup catsup
- 2.5 pounds chicken pieces
- 1 teaspoon ground mustard dry
- 2 tablespoons soya sauce
- 2 tablespoons worcestershire sauce

Equipment

Directions

- Combine first 5 ingredients. Baste chicken pieces with 1/2 of this mixture. Broil chicken 20 minutes. Turn and baste with remaining sauce. Broil 20 minutes.

Nutrition Facts

PROTEIN 29.24% **FAT 51.82%** **CARBS 18.94%**

Properties

Glycemic Index:3.75, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:14.705652173913%

Flavonoids

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

Taste

Sweetness: 29.16%, Saltiness: 100%, Sourness: 13.34%, Bitterness: 16.5%, Savoriness: 69.85%, Fattiness: 55.58%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 512.51kcal (25.63%), Fat: 29.24g (44.98%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 23.86g (8.68%), Sugar: 21.69g (24.1%), Cholesterol: 144.58mg (48.19%), Sodium: 889.34mg (38.67%), Protein: 37.11g (74.22%), Vitamin B3: 13.78mg (68.92%), Selenium: 29.24µg (41.77%), Vitamin B6: 0.73mg (36.29%), Phosphorus: 308.94mg (30.89%), Vitamin B5: 1.82mg (18.23%), Zinc: 2.64mg (17.61%), Vitamin B2: 0.28mg (16.6%), Potassium: 521.21mg (14.89%), Iron: 2.63mg (14.59%), Magnesium: 48.68mg (12.17%), Vitamin B12: 0.6µg (9.96%), Vitamin B1: 0.13mg (8.84%), Copper: 0.15mg (7.31%), Vitamin A: 353.71IU (7.07%), Manganese: 0.12mg (6.01%), Vitamin C: 4.84mg (5.87%), Vitamin E: 0.83mg (5.53%), Calcium: 50.62mg (5.06%), Folate: 16.21µg (4.05%), Vitamin K: 3.45µg (3.29%), Vitamin D: 0.39µg (2.57%)