



BBQ chicken & coleslaw

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



445 kcal

SIDE DISH

Ingredients

- ☐ 3 tbsp catsup
- ☐ 2 tbsp clear honey
- ☐ 2 tbsp chilli sauce sweet
- ☐ 1 tbsp soya sauce
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 tsp cajun spice
- ☐ 8 skin-on chicken drumsticks organic

- ☐ 0.3 cabbage white
- ☐ 1 small onion red
- ☐ 1 celery stalks
- ☐ 1 apples
- ☐ 1 large carrots
- ☐ 2 tbsp mayonnaise
- ☐ 1 tbsp greek yogurt
- ☐ 1 tsp coarse mustard

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ kitchen timer
- ☐ cutting board
- ☐ oven mitt

Directions

- ☐ Mix the BBQ sauce: Open out the freezer bag, then spoon in the ketchup, honey, chilli sauce, soy sauce, oil, vinegar and spice. Close the bag and squidge the ingredients together to mix them.
- ☐ Add the chicken: Make 2 or 3 deep cuts in the meaty part of the drumsticks with a sharp knife (this helps them take on lots of flavour from the sauce).
- ☐ Put the chicken in the bag with the sauce and tie shut. Wash your hands. Squidge everything together again so all the drumsticks are well coated. Leave out for 1 hr, or in the fridge overnight, to marinate.
- ☐ Prepare the veg: Thinly slice the cabbage on a clean chopping board with a clean, sharp knife, then put it in the mixing bowl. Now prepare the other vegetables, adding them to the bowl as you finish preparing them. Peel the onion and finely chop. Thinly slice the celery stick.

- ☐ Grate the apple and carrot: Take the apple (keep it whole and with the skin on) and grate upto the core. Turn the apple a quarter turn and grate again. Repeat until you are left with just the core. Be careful not to grate your knuckles. Peel, then cut the stalk end off the carrot. Grate the carrot and add to the bowl.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Tip the chicken and sauce into a large roasting tin and space the drumsticks apart. Carefully put the roasting tin in the oven using oven gloves, then set the timer for 20 mins. When the time is up, carefully take the chicken from the oven.
- ☐ Brush the chicken with the glaze in the roasting tin, then return to the oven for 15 mins more.
- ☐ Mix the coleslaw: While the chicken is cooking, mix the veg together with clean hands or a spoon.
- ☐ Add the mayonnaise, yogurt and mustard into the vegetables, then season with salt and pepper. Stir well. When the chicken is cooked through and golden, serve with the coleslaw.

Nutrition Facts



Properties

Glycemic Index:86.53, Glycemic Load:8.21, Inflammation Score:-10, Nutrition Score:22.211739275766%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 445.37kcal (22.27%), Fat: 23.13g (35.59%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 27.32g (9.93%), Sugar: 24.3g (27%), Cholesterol: 142.39mg (47.46%), Sodium: 694.57mg (30.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.5%), Vitamin A: 3516.1IU (70.32%), Vitamin

K: 64.91µg (61.82%), Selenium: 30.91µg (44.15%), Vitamin B3: 8.16mg (40.78%), Vitamin B6: 0.7mg (34.91%), Vitamin C: 26.6mg (32.24%), Phosphorus: 305.22mg (30.52%), Zinc: 3.25mg (21.65%), Vitamin B2: 0.36mg (21.03%), Potassium: 657.14mg (18.78%), Vitamin B5: 1.87mg (18.72%), Fiber: 3.9g (15.6%), Vitamin B12: 0.87µg (14.46%), Vitamin B1: 0.2mg (13.31%), Manganese: 0.26mg (12.75%), Magnesium: 50.31mg (12.58%), Vitamin E: 1.67mg (11.14%), Folate: 42.46µg (10.61%), Iron: 1.78mg (9.89%), Copper: 0.16mg (8.13%), Calcium: 63.76mg (6.38%), Vitamin D: 0.17µg (1.1%)