



BBQ Chicken Toes



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 2 pounds chicken tenderloins cleaned cut in 1/2
- ☐ 6 tablespoons dijon mustard
- ☐ 3 cloves garlic chopped
- ☐ 1 cup catsup
- ☐ 2 tablespoons olive oil extra-virgin for drizzling
- ☐ 1 onion chopped
- ☐ 10 servings salt and pepper freshly ground

- ☐ 3 tablespoons worcestershire sauce
- ☐ 10 servings wooden skewers
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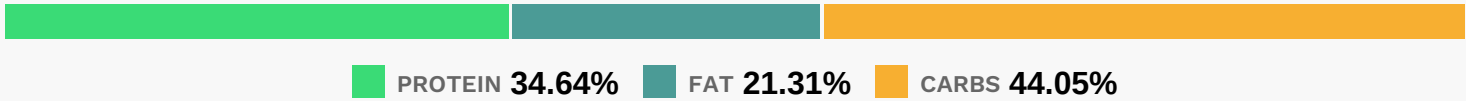
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak the skewers in water for at least 30 minutes.
- ☐ In a medium saucepan, add olive oil, garlic and onion and place over medium heat.
- ☐ Saute for 2 to 3 minutes. When onions are soft and translucent, add remaining ingredients and season, to taste. Simmer for 5 minutes until thickened.
- ☐ Remove from heat and set aside
- ☐ Skewer a tenderloin half on each of the soaked wooden skewers, keeping the tenderloin towards the end.
- ☐ Drizzle the chicken with olive oil and season with salt and pepper. Grill the skewers over medium heat. Cook for 2 minutes then turn each skewer over once and then brush on the reserved BBQ sauce. Cook for 2 to 3 more minutes until cooked through.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:11.11434787771%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 230.27kcal (11.51%), Fat: 5.49g (8.45%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 24.88g (9.05%), Sugar: 22.23g (24.7%), Cholesterol: 58.06mg (19.35%), Sodium: 687.27mg (29.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.18%), Vitamin B3: 9.93mg (49.64%), Selenium: 32.66µg (46.66%), Vitamin B6: 0.75mg (37.74%), Phosphorus: 214.76mg (21.48%), Potassium: 499.08mg (14.26%), Vitamin B5: 1.37mg (13.72%), Vitamin B2: 0.15mg (8.65%), Magnesium: 34.5mg (8.63%), Vitamin E: 0.96mg (6.43%), Vitamin B1: 0.09mg (5.88%), Manganese: 0.12mg (5.76%), Iron: 1.01mg (5.59%), Vitamin C: 3.87mg (4.69%), Zinc: 0.67mg (4.46%), Copper: 0.08mg (3.83%), Calcium: 37.26mg (3.73%), Vitamin A: 161.06IU (3.22%), Vitamin B12: 0.18µg (3.02%), Vitamin K: 2.83µg (2.7%), Fiber: 0.66g (2.66%), Folate: 9.11µg (2.28%)