



BBQ” Style Chicken Thighs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken thighs bone in with
- 6 chicken thighs bone in with
- 0.3 cup catsup
- 1 tablespoon soya sauce
- 1 tablespoon worcestershire sauce
- 1 tablespoon juice of lemon
- 1 tsp brown sugar
- 1 tsp brown sugar

- 0.5 tsp garlic powder
- 0.3 tsp salt
- 0.3 tsp pepper black

Equipment

- bowl
- oven
- baking pan

Directions

- Combine all of the ingredients for the bbq sauce in a small bowl.
- Clean and pat dry the chicken thighs.
- Place in a baking dish and rub the chicken thighs all over with the sauce.
- Place in oven and bake for 40-45 minutes.

Nutrition Facts

PROTEIN 29.43% **FAT 67.07%** **CARBS 3.5%**

Properties

Glycemic Index:8.67, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:19.680434782609%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 652.66kcal (32.63%), Fat: 48.03g (73.89%), Saturated Fat: 12.95g (80.91%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.57g (3.97%), Cholesterol: 283.22mg (94.41%), Sodium: 615.03mg (26.74%), Protein: 47.41g (94.83%), Selenium: 54.23µg (77.48%), Vitamin B3: 13.71mg (68.54%), Vitamin B6: 1.02mg (50.96%), Phosphorus: 466.26mg (46.63%), Vitamin B12: 1.85µg (30.83%), Vitamin B5: 2.96mg (29.6%), Zinc: 3.66mg (24.39%), Vitamin B2: 0.41mg (23.95%), Potassium: 657.78mg (18.79%), Vitamin B1: 0.22mg (14.7%), Magnesium: 58.37mg (14.59%), Iron: 2.23mg (12.37%), Copper: 0.17mg (8.45%), Vitamin K: 6.53µg (6.22%), Vitamin A: 279.56IU (5.59%), Vitamin E: 0.76mg (5.08%), Manganese: 0.09mg (4.27%), Calcium: 29.92mg (2.99%), Folate:

10.98µg (2.75%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.29µg (1.93%)