



## Bourbon-Bacon BBQ Chicken

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 ounces bacon
- 6 servings pepper black freshly ground
- 3 tablespoons bourbon
- 3 pounds chicken pieces boneless bone-in skinless
- 2 teaspoons chili powder
- 0.5 cup apple cider vinegar
- 0.5 cup t brown sugar dark packed
- 2 medium garlic clove finely chopped

- 1 teaspoon ground mustard
- 1 cup catsup
- 6 servings kosher salt
- 2 tablespoons blackstrap molasses dark (not blackstrap)
- 0.5 cup onion diced red finely ( )
- 1.5 teaspoons paprika smoked
- 2 tablespoons vegetable oil
- 0.3 cup worcestershire sauce

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- whisk
- wooden spoon
- grill
- kitchen thermometer
- slotted spoon

## Directions

- Place the bacon in a small saucepan over medium heat and cook, stirring occasionally, until crisp, about 8 minutes. Using a slotted spoon, transfer the bacon to a small bowl; set aside. Reduce the heat to medium low, add the onion to the pan, and cook it in the bacon fat, stirring occasionally until softened, about 3 minutes.
- Add the garlic and cook until fragrant, about 30 to 60 seconds.
- Whisk in the remaining measured ingredients and season with salt and pepper. Stir in the reserved bacon, increase the heat to medium high, and bring the mixture to a boil. Reduce the heat to low and simmer, stirring occasionally, until the sauce has thickened slightly and holds

a line on the back of a wooden spoon when you drag a finger through it, about 25 minutes. Taste and season with salt and pepper as needed. Equally divide the sauce between 2 small bowls and set it aside to cool to room temperature (1 bowl will be for serving, the other for brushing onto the chicken while it cooks on the grill).

- Heat a gas or charcoal grill to medium (about 350°F to 450°F). Meanwhile, if you're using chicken breasts (either boneless or bone-in), cut them in half crosswise. Pat the chicken pieces dry with paper towels and place on a baking sheet. Coat them all over with the oil and season with salt and pepper. When the grill is ready, place the chicken on it (skin-side down if using skin-on), cover the grill, and cook until grill marks appear on the bottom, about 5 minutes. Flip the chicken pieces, cover the grill, and cook until grill marks appear on the second side, about 5 minutes more. Flip the chicken again and generously brush the pieces using the bowl of sauce set aside for the chicken. Cover the grill and cook for 5 minutes. Flip and brush the chicken, and then continue to flip and brush every 5 minutes, until an instant-read thermometer inserted into the thickest piece reads 160°F to 165°F and the meat near the bone is no longer pink, about 10 to 15 minutes more (about 25 to 30 minutes total cooking time).
- Remove the chicken to a clean serving platter and pass the remaining bowl of barbecue sauce on the side.

## Nutrition Facts



## Properties

Glycemic Index:33.83, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:16.624782645184%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 602.55kcal (30.13%), Fat: 33.73g (51.9%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 37.99g (13.81%), Sugar: 33.21g (36.9%), Cholesterol: 125.02mg (41.67%), Sodium: 928.05mg (40.35%), Alcohol: 2.51g (100%), Alcohol %: 1.08% (100%), Protein: 31.38g (62.76%), Vitamin B3: 11.96mg (59.81%), Selenium: 27.9µg (39.85%), Vitamin B6: 0.75mg (37.38%), Phosphorus: 280.97mg (28.1%), Potassium: 711.72mg (20.33%), Vitamin A: 880.35IU (17.61%), Vitamin B2: 0.3mg (17.44%), Iron: 2.99mg (16.61%), Vitamin B5: 1.62mg (16.24%), Zinc: 2.42mg (16.13%), Magnesium: 62.89mg (15.72%), Manganese: 0.31mg (15.49%), Vitamin E: 1.91mg

(12.73%), Vitamin K: 13.32µg (12.69%), Vitamin B1: 0.16mg (10.77%), Copper: 0.2mg (10.16%), Vitamin B12: 0.55µg (9.15%), Vitamin C: 6.93mg (8.4%), Calcium: 75.88mg (7.59%), Folate: 17.51µg (4.38%), Fiber: 0.84g (3.36%), Vitamin D: 0.37µg (2.43%)