



Bourbon-Glazed Grilled Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb chicken whole quartered
- 0.5 cup maple syrup
- 2 tablespoons soya sauce
- 2 tablespoons bourbon

Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill for indirect cooking. Carefully brush grill rack with vegetable oil.
- Place chicken, skin side down, on grill. Cover; cook 15 minutes. Turn chicken skin side up. Cover; cook 20 to 30 minutes longer, turning occasionally, until juice of chicken is clear when thickest pieces are cut to bone (at least 165°F).
- In small bowl, mix remaining ingredients.
- Brush chicken with some of the glaze. Cover; cook 3 to 5 minutes, skin side down, until deep golden brown.
- Remove chicken from grill to platter.
- Brush with remaining glaze.

Nutrition Facts

 **PROTEIN 27.4%**  **FAT 48.43%**  **CARBS 24.17%**

Properties

Glycemic Index:16.63, Glycemic Load:9.96, Inflammation Score:-3, Nutrition Score:15.197391272887%

Nutrients (% of daily need)

Calories: 482.48kcal (24.12%), Fat: 24.6g (37.85%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 27.55g (10.02%), Sugar: 24.27g (26.97%), Cholesterol: 122.47mg (40.82%), Sodium: 620.74mg (26.99%), Alcohol: 2.51g (100%), Alcohol %: 1.44% (100%), Protein: 31.32g (62.64%), Vitamin B3: 11.49mg (57.47%), Manganese: 1mg (50.15%), Vitamin B2: 0.72mg (42.42%), Selenium: 23.59µg (33.69%), Vitamin B6: 0.59mg (29.48%), Phosphorus: 252.04mg (25.2%), Zinc: 2.46mg (16.42%), Vitamin B5: 1.52mg (15.2%), Potassium: 418.42mg (11.95%), Magnesium: 44.71mg (11.18%), Iron: 1.73mg (9.62%), Vitamin B1: 0.13mg (8.69%), Vitamin B12: 0.51µg (8.44%), Calcium: 63.63mg (6.36%), Copper: 0.09mg (4.61%), Vitamin A: 228.61IU (4.57%), Vitamin E: 0.49mg (3.27%), Vitamin C: 2.61mg (3.17%), Folate: 11.42µg (2.85%), Vitamin K: 2.45µg (2.33%), Vitamin D: 0.33µg (2.18%)