



Caribbean BBQ Chicken

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



5

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bull's-eye brown sugar & hickory barbecue sauce
- 3 lb broiler-fryer chicken
- 0.5 tsp ground cinnamon
- 0.5 tsp ground pepper and pepper black red (cayenne)
- 2 Tbsp juice of lime
- 1 tsp garlic powder and onion powder
- 0.5 tsp thyme leaves dried

Equipment

bowl

grill

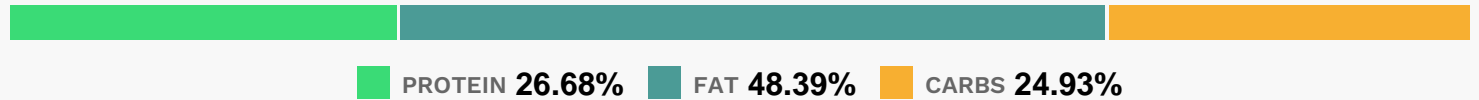
Directions

Heat grill to medium heat. Trim and discard excess fat from chicken.

Mix seasonings in small bowl until well blended; stir in lime juice to form paste. Rub onto chicken.

Place chicken, skin-side up, on grill; cover with lid. Grill 25 min., turning and brushing with 1/4 cup barbecue sauce after 15 min. Turn chicken over; brush with remaining barbecue sauce. Grill 5 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:9.4565217805945%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 368.83kcal (18.44%), Fat: 19.69g (30.3%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 22.53g (8.19%), Sugar: 21.48g (23.87%), Cholesterol: 97.98mg (32.66%), Sodium: 98.15mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.87%), Vitamin B3: 8.93mg (44.63%), Selenium: 19.17µg (27.38%), Vitamin B6: 0.47mg (23.66%), Phosphorus: 195.87mg (19.59%), Vitamin B5: 1.23mg (12.33%), Zinc: 1.75mg (11.67%), Vitamin B2: 0.16mg (9.35%), Potassium: 292.17mg (8.35%), Iron: 1.41mg (7.84%), Magnesium: 29.76mg (7.44%), Vitamin B12: 0.41µg (6.75%), Manganese: 0.12mg (5.93%), Vitamin B1: 0.08mg (5.49%), Vitamin C: 4.14mg (5.02%), Copper: 0.08mg (4.07%), Calcium: 39.13mg (3.91%), Vitamin A: 191.55IU (3.83%), Vitamin E: 0.41mg (2.76%), Vitamin K: 2.42µg (2.31%), Folate: 9.05µg (2.26%), Vitamin D: 0.26µg (1.74%), Fiber: 0.3g (1.19%)