



## Carolina-Style Barbecue Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider vinegar
- 2 teaspoons hot sauce
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup brown sugar light packed
- 1.5 tablespoons ground mustard
- 2 pounds skin-on bone-in
- 1 large tomatoes sliced
- 2 tablespoons butter unsalted melted

- 4 servings vegetable oil for brushing
- 0.5 teaspoon worcestershire sauce
- 0.5 cup mustard yellow

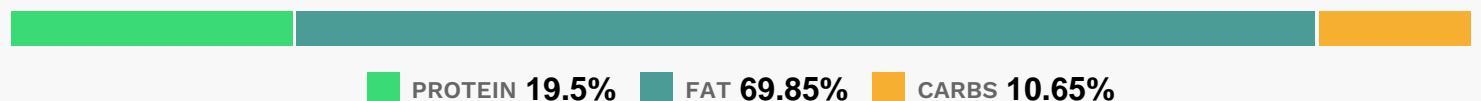
## Equipment

- bowl
- whisk
- grill
- kitchen thermometer

## Directions

- Preheat a grill to medium.
- Whisk the yellow mustard, vinegar, brown sugar, mustard powder, hot sauce, Worcestershire sauce, 1/2 teaspoon salt, and pepper to taste in a bowl.
- Whisk in the butter. Season the chicken with salt and pepper, then toss with about one-third of the mustard sauce in a large bowl until coated.
- Let sit at room temperature, 10 minutes.
- Brush the grill grates generously with vegetable oil. Put about 1/4 cup of the remaining mustard sauce in a small bowl for basting and reserve the rest for topping. Grill the chicken, covered, basting occasionally with the sauce, until well marked and a thermometer inserted into the thickest part registers 170 degrees F, 10 to 12 minutes per side.
- Serve the chicken with the reserved mustard sauce, sliced tomato and macaroni salad, if desired.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:19.92304342726%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## **Nutrients (% of daily need)**

Calories: 692.83kcal (34.64%), Fat: 53.8g (82.77%), Saturated Fat: 14.51g (90.67%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 16.24g (5.91%), Sugar: 15.32g (17.02%), Cholesterol: 203.97mg (67.99%), Sodium: 755.2mg (32.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.8g (67.6%), Selenium: 52.35µg (74.78%), Vitamin B3: 9.55mg (47.75%), Phosphorus: 374.95mg (37.5%), Vitamin B6: 0.74mg (36.93%), Vitamin K: 34.54µg (32.9%), Vitamin B5: 2.14mg (21.42%), Vitamin B12: 1.25µg (20.76%), Zinc: 2.87mg (19.11%), Potassium: 608.88mg (17.4%), Vitamin B2: 0.3mg (17.38%), Magnesium: 68.61mg (17.15%), Manganese: 0.32mg (16.23%), Vitamin B1: 0.24mg (16.07%), Vitamin E: 2.2mg (14.69%), Vitamin A: 731.06IU (14.62%), Iron: 2.33mg (12.97%), Vitamin C: 8.14mg (9.86%), Fiber: 2.21g (8.84%), Copper: 0.18mg (8.81%), Calcium: 61.78mg (6.18%), Folate: 19.57µg (4.89%), Vitamin D: 0.3µg (1.99%)