



Cheater'S Deep-Flavored Barbecued Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbecue sauce
- ☐ 5 skin-on chicken drumsticks
- ☐ 5 chicken thighs
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 cup grape jelly
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1.3 pounds skinned
- ☐ 1.5 pounds skinned

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 4 ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 40 minutes or until sauce measures 1 cup, stirring often.
- ☐ Place chicken on rack of a broiler pan coated with cooking spray.
- ☐ Bake at 400 for 20 minutes.
- ☐ Remove from oven.
- ☐ Preheat broiler.
- ☐ Turn chicken; brush with 1/3 cup sauce. Broil 3 minutes. Repeat procedure 2 times or until glazed.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:50.06, Inflammation Score:-5, Nutrition Score:18.66956534593%

Nutrients (% of daily need)

Calories: 1187.78kcal (59.39%), Fat: 23.82g (36.64%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 161.41g (53.8%), Net Carbohydrates: 140.33g (51.03%), Sugar: 29.76g (33.07%), Cholesterol: 150.33mg (50.11%), Sodium: 959.31mg (41.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.74g (161.49%), Fiber: 21.08g (84.33%), Iron: 8.89mg (49.38%), Selenium: 30.94µg (44.2%), Vitamin B3: 7.77mg (38.85%), Vitamin B6: 0.58mg (29.1%), Phosphorus: 284.09mg (28.41%), Vitamin B2: 0.3mg (17.45%), Vitamin B5: 1.71mg (17.07%), Zinc: 2.55mg (17.01%), Vitamin B12: 0.95µg (15.83%), Potassium: 479.54mg (13.7%), Vitamin A: 590.03IU (11.8%), Calcium: 116.38mg (11.64%), Magnesium: 43.87mg (10.97%), Vitamin B1: 0.14mg (9.19%), Copper: 0.15mg (7.31%), Manganese: 0.14mg (6.98%),

Vitamin E: 0.68mg (4.54%), Vitamin K: 4.2µg (4%), Folate: 13.22µg (3.31%), Vitamin C: 2.71mg (3.28%), Vitamin D: 0.16µg (1.05%)