



HEALTH SCORE

53%

Chicken Simmered in BBQ Sauce



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



800 kcal

SAUCE

Ingredients

- ☐ 12 ounce ale dark
- ☐ 168 ounce tomatoes chopped canned
- ☐ 2 pounds chicken pieces bone-in
- ☐ 0.5 cup brown sugar dark packed
- ☐ 12 cloves garlic thinly sliced
- ☐ 1 tablespoon hot sauce
- ☐ 1 cup catsup
- ☐ 6 servings kosher salt

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 5 tablespoons olive oil for garnish
- ☐ 2.5 teaspoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons whole-grain mustard
- ☐ 0.3 cup worcestershire sauce

Equipment

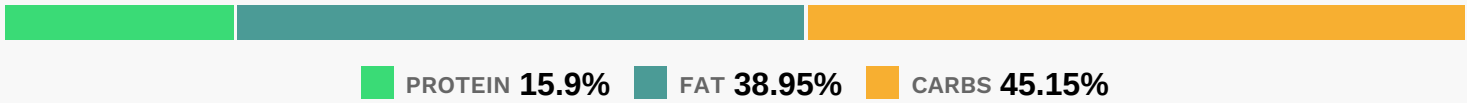
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large heavy bottomed saucepot over medium-high heat, combine the Basic Tomato Sauce, ketchup, mustard, Worcestershire, sugar, ale, and hot sauce and bring to a simmer. Simmer until reduced by half and thickened, about 20 minutes.
- ☐ Meanwhile, season the chicken pieces with salt and black pepper.
- ☐ Heat a large oven proof skillet over high heat and add the vegetable oil. Sear the chicken pieces on all sides until well-browned, about 3 minutes per side.
- ☐ Add the prepared BBQ sauce making sure to cover all the chicken pieces.
- ☐ Add 1 cup of water if more liquid is needed to cover.
- ☐ Place the skillet into the oven and bake until the chicken easily falls off the bone and the sauce is slightly thickened and caramelized on top, about 25 to 30 minutes.
- ☐ Serve hot or serve cold as leftovers.
- ☐ In a large heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat.
- ☐ Add the garlic and cook until fragrant but not browned, 1 to 2 minutes.
- ☐ Add the tomatoes, bring to a simmer, and cook until thickened slightly, about 15 minutes. Stir in sugar, and season with salt, to taste.

Let extra sauce cool completely and then seal in airtight containers. Refrigerate for up 1 week and freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:40.43, Glycemic Load:18.82, Inflammation Score:-10, Nutrition Score:51.112608997718%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 800.47kcal (40.02%), Fat: 36.43g (56.04%), Saturated Fat: 7.42g (46.39%), Carbohydrates: 95.04g (31.68%), Net Carbohydrates: 79.46g (28.9%), Sugar: 64.2g (71.33%), Cholesterol: 77.11mg (25.7%), Sodium: 1946.27mg (84.62%), Alcohol: 2.21g (100%), Alcohol %: 0.27% (100%), Protein: 33.46g (66.91%), Vitamin C: 81.32mg (98.56%), Vitamin B3: 17.73mg (88.66%), Vitamin E: 13.09mg (87.24%), Vitamin B6: 1.73mg (86.44%), Manganese: 1.66mg (83.18%), Potassium: 2800.07mg (80%), Copper: 1.59mg (79.71%), Iron: 12.4mg (68.91%), Fiber: 15.57g (62.3%), Vitamin K: 64.85µg (61.76%), Magnesium: 195.25mg (48.81%), Vitamin B1: 0.69mg (46.31%), Phosphorus: 446.07mg (44.61%), Vitamin A: 2072.98IU (41.46%), Vitamin B2: 0.64mg (37.87%), Calcium: 331.82mg (33.18%), Selenium: 23.03µg (32.9%), Vitamin B5: 3.26mg (32.63%), Folate: 118.14µg (29.54%), Zinc: 3.7mg (24.65%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.21µg (1.37%)