



1%
HEALTH SCORE

Chicken With Balsamic BBQ Sauce

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

READY IN



70 min.

SERVINGS



2

CALORIES



501 kcal

SIDE DISH

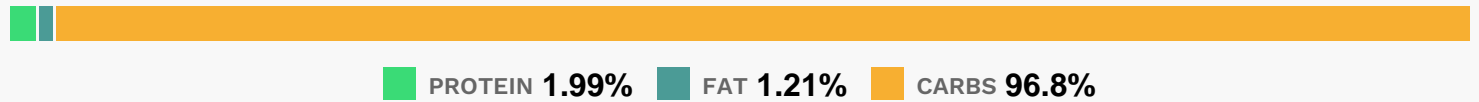
Ingredients

- 1 cup balsamic vinegar
- 0.3 cup brown sugar
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- 4 pieces chicken (any combination of breast or leg-and-thigh pieces)
- 1 tablespoon dijon mustard
- 1 garlic clove minced
- 0.5 teaspoon pepper fresh black
- 0.8 cup catsup

- 0.5 teaspoon salt
- 2 servings pepper black freshly ground
- 1 tablespoon worcestershire sauce

Equipment

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:11.09, Inflammation Score:-4, Nutrition Score:7.2939130434783%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 500.93kcal (25.05%), Fat: 0.67g (1.03%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 121.22g (40.41%), Net Carbohydrates: 120.45g (43.8%), Sugar: 110.34g (122.6%), Cholesterol: 1.5mg (0.5%), Sodium: 1642.3mg (71.4%), Protein: 2.5g (4.99%), Manganese: 0.44mg (21.89%), Potassium: 590.37mg (16.87%), Iron: 2.43mg (13.5%), Calcium: 128.56mg (12.86%), Vitamin B6: 0.2mg (10.24%), Magnesium: 40.12mg (10.03%), Vitamin B2: 0.17mg (10.03%), Vitamin A: 479.96IU (9.6%), Vitamin E: 1.36mg (9.07%), Copper: 0.18mg (9.03%), Vitamin B3: 1.62mg (8.11%), Phosphorus: 69.94mg (6.99%), Selenium: 4.63µg (6.62%), Vitamin C: 5.33mg (6.45%), Vitamin K: 3.94µg (3.75%), Fiber: 0.78g (3.1%), Zinc: 0.39mg (2.62%), Folate: 10.31µg (2.58%), Vitamin B1: 0.03mg (2.32%), Vitamin B5: 0.2mg (1.97%)