



Easy After Work BBQ Chicken

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

READY IN



40 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3.5 pound meat from a rotisserie chicken cut into 8 pieces
- 0.3 cup brown sugar dark packed
- 2 tablespoons dijon mustard
- 0.3 teaspoon hot sauce (recommended: Tabasco)
- 0.8 cup catsup
- 1.5 teaspoons juice of lime freshly squeezed
- 4 servings lime wedges for serving

- 1.5 teaspoons lime zest freshly grated
- 2 tablespoons onion minced
- 4 servings salt and pepper black freshly ground
- 3 tablespoons scallions light white green chopped (and parts)
- 3 tablespoons citrus champagne vinegar

Equipment

- bowl
- baking sheet
- whisk
- grill
- aluminum foil
- broiler

Directions

- Prepare a medium-hot grill or preheat the broiler. If using the broiler, line a rimmed baking sheet with aluminum foil.
- Season the chicken with salt and pepper, to taste.
- Put the chicken on the grill or, if broiling, put it on the prepared baking sheet. Grill or broil, 4 inches from the heat, turning once, for 10 minutes per side.
- Put 1/2 of the BBQ sauce in a small bowl, for drizzling and serving. Reserve.
- Baste the chicken with the remaining sauce and grill or broil for 5 minutes more.
- Transfer the chicken to a serving platter, drizzle with some of the reserved sauce, and serve with lime wedges and the remaining reserved sauce.
- In a small bowl, whisk together the ketchup, brown sugar, vinegar, onion, mustard, hot sauce, and black pepper. Stir in the scallions, lime zest, and lime juice. Can be covered and refrigerated for up to 1 week.

Nutrition Facts



■ PROTEIN 28.18% ■ FAT 50.51% ■ CARBS 21.31%

Properties

Glycemic Index:54.75, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:16.047391383544%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 519.03kcal (25.95%), Fat: 29.02g (44.64%), Saturated Fat: 8.24g (51.52%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 26.76g (9.73%), Sugar: 23.41g (26.01%), Cholesterol: 142.88mg (47.63%), Sodium: 636.4mg (27.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.85%), Vitamin B3: 13.7mg (68.48%), Selenium: 30.54µg (43.62%), Vitamin B6: 0.76mg (38%), Phosphorus: 305.37mg (30.54%), Vitamin B2: 0.31mg (18.5%), Vitamin B5: 1.81mg (18.14%), Zinc: 2.66mg (17.73%), Potassium: 547.49mg (15.64%), Vitamin K: 14.05µg (13.38%), Magnesium: 51.29mg (12.82%), Iron: 2.25mg (12.51%), Vitamin A: 551.3IU (11.03%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.14mg (9.3%), Vitamin C: 7.45mg (9.04%), Vitamin E: 1.29mg (8.61%), Manganese: 0.17mg (8.45%), Copper: 0.15mg (7.66%), Folate: 20.35µg (5.09%), Calcium: 50.77mg (5.08%), Fiber: 0.77g (3.09%), Vitamin D: 0.38µg (2.54%)