



Easy Barbecued Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 1.5 teaspoons chili powder
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons onion finely chopped
- ☐ 24 ounce skinned bone-in
- ☐ 2 tablespoons vinegar white
- ☐ 1 teaspoon worcestershire sauce

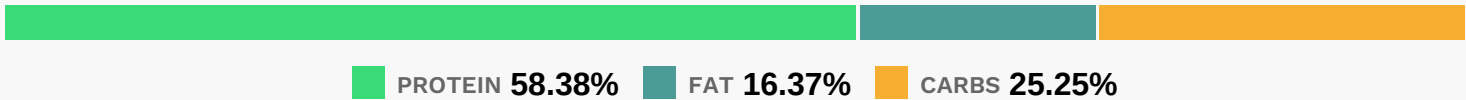
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 7 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes. Set aside 1/2 cup sauce; keep warm.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken, bone side up, on rack; grill, covered, 8 minutes on each side or until done, turning once and basting with remaining barbecue sauce.
- ☐ Serve with reserved 1/2 cup barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:17.994347841843%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 255.43kcal (12.77%), Fat: 4.57g (7.03%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.38g (5.59%), Sugar: 11.15g (12.39%), Cholesterol: 108.86mg (36.29%), Sodium: 505.63mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.67g (73.33%), Vitamin B3: 18.28mg (91.39%), Selenium: 55.09µg (78.7%), Vitamin B6: 1.35mg (67.33%), Phosphorus: 370.61mg (37.06%), Vitamin B5: 2.45mg (24.53%), Potassium: 756.56mg (21.62%), Vitamin B2: 0.23mg (13.68%), Magnesium: 50.49mg (12.62%), Vitamin A: 449.09IU (8.98%), Vitamin B1: 0.12mg (7.85%), Zinc: 1.09mg (7.27%), Vitamin E: 1.06mg (7.09%), Vitamin C: 4.72mg (5.72%), Vitamin B12: 0.34µg (5.67%), Iron: 1.01mg (5.62%), Copper: 0.09mg (4.74%), Manganese: 0.08mg (4.19%), Folate: 10.93µg (2.73%), Calcium: 20.79mg (2.08%), Vitamin K: 2.07µg (1.97%), Fiber: 0.47g (1.9%), Vitamin D: 0.17µg

(1.13%)