



Favorite Barbecue Chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 3 tablespoons brown sugar
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons honey
- ☐ 5 tablespoons catsup
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 cup onion diced
- ☐ 2 servings salt and pepper to taste

- ☐ 2 chicken breast halves boneless skinless
- ☐ 1 tablespoon worcestershire sauce

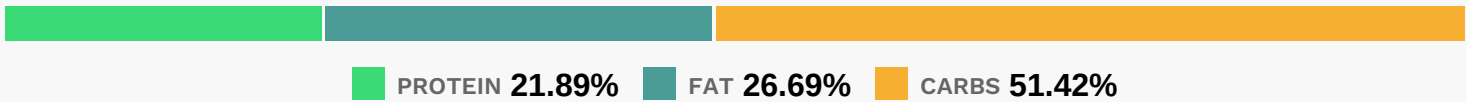
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat grill for medium-high heat.
- ☐ Heat olive oil in a skillet over medium heat.
- ☐ Saute onion and garlic until tender. Stir in ketchup, honey, brown sugar, apple cider vinegar, Worcestershire sauce, salt, and pepper. Cook for a few minutes to thicken sauce.
- ☐ Remove from heat, and allow to cool.
- ☐ Lightly oil the grill grate. Dip chicken in sauce, and turn to coat. Cook on grill for 10 to 15 minutes, turning once. Move chicken to the skillet with sauce. Simmer over medium heat for about 5 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:74.64, Glycemic Load:14.28, Inflammation Score:-4, Nutrition Score:14.682608511137%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 445.84kcal (22.29%), Fat: 13.5g (20.77%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 57.94g (21.07%), Sugar: 53.1g (59%), Cholesterol: 72.32mg (24.11%), Sodium: 784.07mg (34.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.81%), Vitamin B3: 12.48mg (62.42%),

Selenium: 37.47µg (53.53%), Vitamin B6: 0.98mg (49.09%), Phosphorus: 265.72mg (26.57%), Potassium: 684.12mg (19.55%), Vitamin B5: 1.72mg (17.16%), Vitamin E: 2.29mg (15.25%), Vitamin B2: 0.21mg (12.17%), Magnesium: 41.12mg (10.28%), Manganese: 0.2mg (10.23%), Iron: 1.44mg (8.02%), Vitamin C: 6.57mg (7.97%), Vitamin K: 7.89µg (7.51%), Vitamin B1: 0.1mg (6.51%), Zinc: 0.89mg (5.9%), Copper: 0.12mg (5.87%), Calcium: 48.51mg (4.85%), Vitamin A: 233.66IU (4.67%), Vitamin B12: 0.23µg (3.77%), Folate: 13.27µg (3.32%), Fiber: 0.58g (2.31%)