



Huli-Huli Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- 6 skin-on chicken drumsticks
- 4 garlic clove
- 4 ginger
- 2 tablespoons kosher salt
- 8 ounces pineapple crushed undrained

Equipment

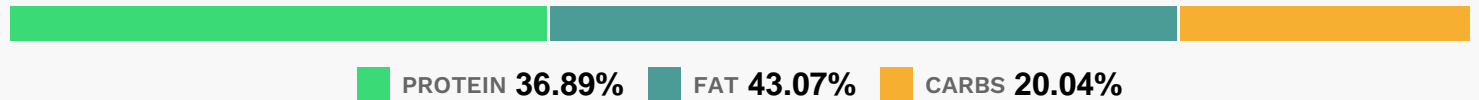
- bowl
- sauce pan

grill

Directions

MIX TOGETHER THE BRINE- WATER, SUGAR, SALT GARLIC GINGER & THYME. PLACE IN A LARGE RESEALABLE BAG AND PLACE THE CHICKEN INTO THE BRINE. REFRIGERATE FOR AT LEAST AN HOUR, BUT NOT MORE THAN 4.PUT THE SAUCE INGREDIENTS INTO A SAUCEPAN, STIR AND SIMMER UNTIL SAUCE THICKENS.STRAIN OFF THE SAUCE AND PLACE IN A BOWL.REMOVE THE CHICKEN FROM THE BRINE AND GRILL UNTIL MEDIUM BROWN AND COOKED THROUGH TO THE BONE. PLACE THE PINEAPPLE ON THE GRILL. LIGHTLY BASTE THE CHICKEN & PINEAPPLE WITH THE SAUCE. TURN AND BASTE 2-3 TIMES EVERY 2-3 MINUTES. REMOVE FROM GRILL & SERVE.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:6.5495652173913%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 149.77kcal (7.49%), Fat: 7.12g (10.95%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.83g (2.48%), Sugar: 5.49g (6.1%), Cholesterol: 69.65mg (23.22%), Sodium: 2405.54mg (104.59%), Protein: 13.72g (27.44%), Selenium: 15.16µg (21.66%), Vitamin B3: 3.82mg (19.09%), Vitamin B6: 0.31mg (15.6%), Phosphorus: 132.97mg (13.3%), Zinc: 1.54mg (10.24%), Vitamin B2: 0.14mg (8.13%), Vitamin B5: 0.8mg (8.04%), Vitamin B1: 0.11mg (7%), Potassium: 243.57mg (6.96%), Vitamin B12: 0.42µg (6.94%), Magnesium: 23.38mg (5.84%), Vitamin C: 4.41mg (5.35%), Copper: 0.11mg (5.25%), Iron: 0.66mg (3.69%), Manganese: 0.06mg (3.15%), Fiber: 0.63g (2.51%), Vitamin K: 2.2µg (2.09%), Calcium: 19.43mg (1.94%), Folate: 4.73µg (1.18%), Vitamin E: 0.17mg (1.1%), Vitamin A: 53.91IU (1.08%)