



Grilled Chicken Drumettes with Ancho-Cherry Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups apple cider vinegar
- ☐ 0.8 cup cherries dried
- ☐ 3 pounds chicken wings
- ☐ 1 ounce pepper flakes dried stemmed seeded
- ☐ 0.3 cup t brown sugar dark packed ()
- ☐ 2 garlic clove
- ☐ 1 pinch ground cloves

- ☐ 1 teaspoon ground coriander
- ☐ 0.8 cup catsup
- ☐ 3 tablespoons blackstrap molasses light ()
- ☐ 0.8 cup onion chopped
- ☐ 0.3 cup water

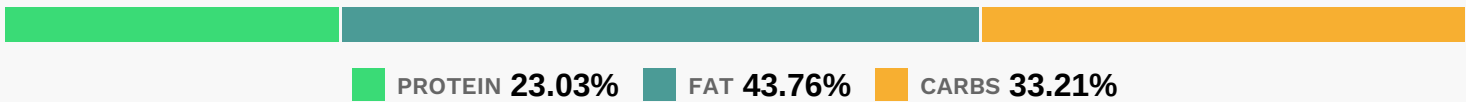
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Combine all ingredients except chicken in heavy medium saucepan. Bring to boil. Reduce heat to medium-low. Cover; simmer until chilies and cherries are tender, about 20 minutes. Working in batches, purée mixture in blender. Return sauce to pan. If necessary, simmer uncovered until sauce is reduced to 3 cups and thickens. Season with salt and pepper. (Can be made 3 days ahead. Cover and chill.)
- ☐ Prepare barbecue (medium heat).
- ☐ Sprinkle chicken with salt and pepper. Grill until just cooked through, turning occasionally, about 10 minutes.
- ☐ Brush sauce over; continue grilling until glazed, turning chicken and basting often with more sauce, about 5 minutes longer.
- ☐ Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:2.8, Inflammation Score:-4, Nutrition Score:7.391304301179%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 246.82kcal (12.34%), Fat: 11.84g (18.22%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.61g (7.13%), Sugar: 17.54g (19.49%), Cholesterol: 56.58mg (18.86%), Sodium: 223.9mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.05%), Vitamin B3: 4.75mg (23.75%), Vitamin B6: 0.37mg (18.51%), Selenium: 12.91µg (18.45%), Manganese: 0.25mg (12.49%), Phosphorus: 114.84mg (11.48%), Potassium: 339.04mg (9.69%), Magnesium: 36.13mg (9.03%), Vitamin C: 7.17mg (8.69%), Zinc: 1.09mg (7.28%), Iron: 1.29mg (7.18%), Vitamin B5: 0.67mg (6.74%), Vitamin B2: 0.1mg (6.18%), Copper: 0.1mg (4.99%), Vitamin A: 234.28IU (4.69%), Vitamin B12: 0.24µg (3.92%), Calcium: 39.24mg (3.92%), Vitamin B1: 0.05mg (3.45%), Vitamin E: 0.51mg (3.43%), Fiber: 0.62g (2.47%), Folate: 8µg (2%), Vitamin K: 1.23µg (1.17%)