



Grilled Chicken with Honey-Chipotle BBQ Sauce



Gluten Free



Dairy Free

READY IN



43 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 chicken thighs bone-in
- ☐ 0.5 teaspoon chipotle sauce
- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin

- ☐ 1.5 tablespoons honey
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.5 cup low sodium shoyu
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup shallots minced
- ☐ 2 tablespoons water

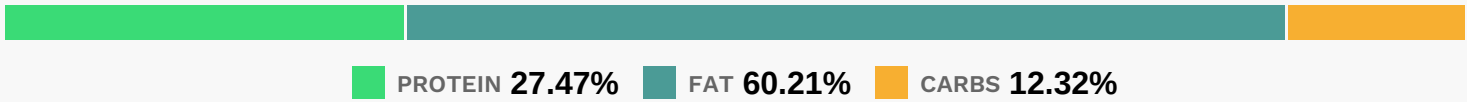
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Heat a small saucepan over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add shallots; saut 2 minutes or until tender. Stir in ketchup, next 5 ingredients (through chile powder), and 1/4 teaspoon salt. Reduce heat to low, and cook 5 minutes, stirring occasionally.
- ☐ Combine 1/4 teaspoon salt, garlic powder, cumin, and black pepper; sprinkle over chicken.
- ☐ Place chicken on grill rack coated with cooking spray; grill 15 minutes on each side or until done. Baste chicken generously with sauce; turn over, and grill 1 minute. Baste again; turn over, and grill 1 minute.
- ☐ Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:4.03, Inflammation Score:-3, Nutrition Score:12.624782684057%

Nutrients (% of daily need)

Calories: 393.2kcal (19.66%), Fat: 26.29g (40.45%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.09g (4.03%), Sugar: 8.09g (8.98%), Cholesterol: 141.61mg (47.2%), Sodium: 1553.31mg (67.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.98%), Selenium: 28.05µg (40.08%), Vitamin B3: 7.14mg (35.7%), Vitamin B6: 0.61mg (30.41%), Phosphorus: 295.68mg (29.57%), Vitamin B5: 1.62mg (16.25%), Vitamin B2: 0.28mg (16.2%), Vitamin B12: 0.92µg (15.41%), Zinc: 2.18mg (14.51%), Magnesium: 55.26mg (13.82%), Potassium: 476.26mg (13.61%), Manganese: 0.25mg (12.44%), Iron: 1.85mg (10.28%), Vitamin B1: 0.13mg (8.93%), Folate: 24.17µg (6.04%), Copper: 0.11mg (5.71%), Vitamin E: 0.75mg (5.02%), Vitamin K: 4.59µg (4.37%), Fiber: 1.01g (4.04%), Calcium: 31.51mg (3.15%), Vitamin A: 117.24IU (2.34%), Vitamin C: 1.26mg (1.53%)