



Grilled Chicken with Salsa Barbecue Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup plus
- ☐ 1 tablespoon cilantro leaves fresh chopped for garnish
- ☐ 3 juice of lime juiced
- ☐ 0.3 cup orange juice
- ☐ 1 tablespoon oregano dried
- ☐ 1 cup salsa

- ☐ 0.3 cup vegetable oil
- ☐ 2 pound meat from a rotisserie chicken whole cut into parts
- ☐ 1 tablespoon worcestershire sauce

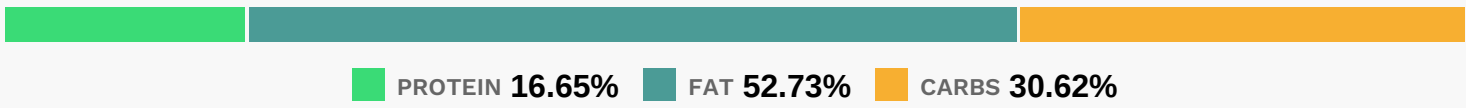
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine salsa, lime juice, Worcestershire sauce, orange juice, vinegar, brown sugar, corn syrup, oregano, and oil. Simmer over low heat for 45 to 60 minutes.
- ☐ Remove sauce from heat, and add cilantro.
- ☐ Use sauce to baste chicken during the last 20 minutes of grilling, reserving about 1/2 cup of the sauce to baste the cooked pieces just before serving.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:13.876087219819%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 508.26kcal (25.41%), Fat: 30.29g (46.59%), Saturated Fat: 6.81g (42.55%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 37.74g (13.72%), Sugar: 34.4g (38.22%), Cholesterol: 81.65mg (27.22%), Sodium: 576.63mg (25.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Vitamin B3: 8.33mg (41.65%), Vitamin K: 37.69µg (35.9%), Vitamin B6: 0.53mg (26.45%), Selenium: 16.71µg (23.87%), Vitamin C: 18.08mg (21.92%), Phosphorus: 192.81mg (19.28%), Vitamin E: 2.52mg (16.83%), Potassium: 510.45mg (14.58%), Vitamin B5: 1.21mg (12.09%), Iron: 2.12mg (11.78%), Zinc: 1.73mg (11.52%), Vitamin A: 538.03IU (10.76%), Manganese: 0.21mg (10.46%), Magnesium: 41.18mg (10.29%), Vitamin B2: 0.17mg (10.1%), Vitamin B1: 0.13mg (8.36%), Calcium: 74.84mg (7.48%), Fiber: 1.83g (7.3%), Copper: 0.13mg (6.58%), Vitamin B12: 0.34µg (5.62%), Folate: 19.53µg (4.88%),

Vitamin D: 0.22µg (1.45%)