



Grilled Chicken with Whiskey Barbecue Sauce and Spicy Slaw

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound cabbage cut into shreds
- 2 tablespoons champagne vinegar
- 6 servings chicken
- 6 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs bone-in with thighs attached or small breast halves (3 3/4 lbs. total)
- 1 tablespoon apple cider vinegar
- 2 tablespoons cilantro leaves chopped
- 2 tablespoons blackstrap molasses dark

- 2 tablespoons dijon mustard
- 1 large garlic clove minced
- 1 tsp hot sauce
- 6 servings sauce
- 1.3 cups catsup
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime
- 0.3 cup olive oil extra virgin extra-virgin
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 0.5 bell pepper red cut into thin strips
- 0.5 teaspoon pepper red
- 0.3 onion red cut into long slivers
- 6 servings coleslaw mix
- 2 tablespoons sugar
- 2 tablespoons irish whiskey
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- sauce pan
- grill
- ziploc bags

Directions

- AT HOME
- Combine ingredients in a medium saucepan. Cover and simmer 45 minutes to blend flavors, stirring occasionally with a long spoon (sauce spatters).
- Add a little water if sauce gets too thick to pour.

- Let cool, then transfer to a plastic container and chill up to 1 week.
- Make slaw: Toss vegetables in a large bowl to blend.
- Transfer to a resealable plastic bag. Put remaining ingredients in a small container with a tight-fitting lid. Chill slaw and dressing up to 2 days.
- Prepare chicken: In a large bowl, coat chicken in oil; pack in a resealable plastic bag and chill up to 2 days, or freeze.
- In CAMP
- Build a charcoal or wood fire in a grill and let burn to medium (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds). Bring salad dressing to room temperature. Set aside 1/2 cup sauce.
- Grill chicken until browned all over, about 15 minutes, turning occasionally. Turn again, generously brush tops with some of remaining sauce, and cook a few minutes; repeat turning and brushing 2 more times, until chicken is well-browned and cooked through, 10 to 15 minutes total.
- Toss slaw and dressing in a large bowl and serve with chicken and reserved sauce.

Nutrition Facts

PROTEIN 23.6% **FAT 59.71%** **CARBS 16.69%**

Properties

Glycemic Index:73.68, Glycemic Load:6.4, Inflammation Score:-8, Nutrition Score:27.788695563441%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 742.66kcal (37.13%), Fat: 48.6g (74.77%), Saturated Fat: 11.92g (74.53%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 27.89g (10.14%), Sugar: 23.64g (26.27%), Cholesterol: 201.16mg (67.05%), Sodium: 1013.82mg (44.08%), Alcohol: 1.8g (100%), Alcohol %: 0.53% (100%), Protein: 43.22g (86.44%), Vitamin B3: 14.63mg (73.17%),

Vitamin K: 72.53µg (69.08%), Selenium: 42.48µg (60.68%), Vitamin C: 47.43mg (57.5%), Vitamin B6: 1.06mg (52.91%), Phosphorus: 409.48mg (40.95%), Potassium: 930.22mg (26.58%), Vitamin B2: 0.45mg (26.48%), Vitamin B5: 2.57mg (25.7%), Zinc: 3.65mg (24.36%), Vitamin E: 3.34mg (22.27%), Magnesium: 83.9mg (20.98%), Vitamin A: 982.02IU (19.64%), Manganese: 0.39mg (19.3%), Iron: 3.3mg (18.31%), Vitamin B12: 1.06µg (17.63%), Vitamin B1: 0.24mg (15.86%), Folate: 55.79µg (13.95%), Copper: 0.24mg (11.85%), Fiber: 2.67g (10.69%), Calcium: 89.37mg (8.94%), Vitamin D: 0.35µg (2.31%)