



Grilled Maple-Glazed Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 0.5 pound skinned chicken drumsticks
- ☐ 0.5 pound skinned chicken thighs
- ☐ 2 tablespoons sage fresh minced
- ☐ 3 garlic cloves crushed
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 cup maple syrup

- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon salt
- ☐ 1 pound skinned bone-in

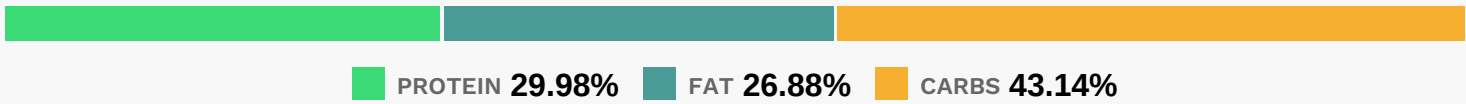
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine all ingredients except cooking spray in a large heavy-duty, zip-top plastic bag; seal bag, and marinate in refrigerator at least 8 hours, turning bag occasionally.
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Place marinade in a saucepan. Bring to a boil; remove from heat. Coat grill rack with cooking spray; place chicken on rack over medium-hot coals (350 to 400). Grill 6 to 8 minutes on each side or until done, basting frequently with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:21.17, Inflammation Score:-4, Nutrition Score:30.732608976571%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 595.86kcal (29.79%), Fat: 16.12g (24.79%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 58.18g (19.39%), Net Carbohydrates: 57.74g (21%), Sugar: 50g (55.56%), Cholesterol: 163.09mg (54.36%), Sodium: 513.69mg (22.33%), Alcohol: 6.68g (100%), Alcohol %: 2.49% (100%), Protein: 40.44g (80.88%), Copper: 9.2mg (460.19%),

Manganese: 2.29mg (114.62%), Vitamin B3: 16.48mg (82.38%), Selenium: 54.63µg (78.04%), Vitamin B2: 1.29mg (75.8%), Vitamin B6: 1.21mg (60.47%), Phosphorus: 400.62mg (40.06%), Vitamin B5: 2.64mg (26.44%), Potassium: 873.16mg (24.95%), Zinc: 2.77mg (18.45%), Magnesium: 73.65mg (18.41%), Vitamin B1: 0.23mg (15.49%), Vitamin C: 12.44mg (15.08%), Vitamin B12: 0.8µg (13.31%), Calcium: 130.25mg (13.02%), Iron: 1.61mg (8.92%), Folate: 13.8µg (3.45%), Vitamin A: 166IU (3.32%), Vitamin K: 3.29µg (3.14%), Vitamin E: 0.44mg (2.94%), Fiber: 0.45g (1.79%), Vitamin D: 0.21µg (1.39%)