



Grilled Mouth-Watering Barbecued Chicken



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup tomato sauce
- ☐ 0.5 cup water hot
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons paprika
- ☐ 0.5 teaspoon pepper

- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 3 lb chicken whole

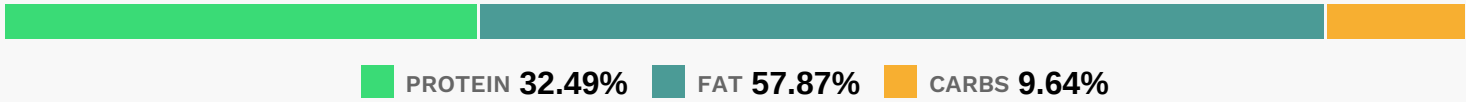
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In 1-quart saucepan, heat sauce ingredients over medium heat until boiling, stirring occasionally.
- ☐ In small bowl, mix 1 teaspoon salt, 1 teaspoon paprika and 1/4 teaspoon pepper.
- ☐ Sprinkle both sides of chicken with salt mixture.
- ☐ Carefully brush grill rack with vegetable oil.
- ☐ Place chicken skin side up on grill over medium heat. Cover grill; cook 15 minutes.
- ☐ Turn chicken; brush with barbecue sauce. Cover grill; cook 20 to 25 minutes longer, turning and brushing with sauce, until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:1.5, Inflammation Score:-6, Nutrition Score:10.762608818386%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg

Naringenin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg
Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg,
Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 260.37kcal (13.02%), Fat: 16.7g (25.7%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 6.26g (2.09%),
Net Carbohydrates: 4.96g (1.81%), Sugar: 3.41g (3.79%), Cholesterol: 81.65mg (27.22%), Sodium: 1084.14mg
(47.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.2%), Vitamin B3: 7.96mg (39.8%), Vitamin B6:
0.47mg (23.27%), Selenium: 16.1µg (23%), Phosphorus: 181.24mg (18.12%), Vitamin A: 826.44IU (16.53%), Vitamin C:
11.21mg (13.59%), Vitamin B5: 1.18mg (11.8%), Potassium: 409.42mg (11.7%), Zinc: 1.6mg (10.67%), Vitamin B2: 0.18mg
(10.55%), Iron: 1.8mg (10.02%), Vitamin E: 1.23mg (8.22%), Magnesium: 32.84mg (8.21%), Manganese: 0.13mg
(6.65%), Copper: 0.13mg (6.33%), Vitamin B1: 0.09mg (6%), Vitamin B12: 0.34µg (5.62%), Fiber: 1.29g (5.17%),
Folate: 16.21µg (4.05%), Vitamin K: 4.07µg (3.88%), Calcium: 29.08mg (2.91%), Vitamin D: 0.22µg (1.45%)