



Hoisin Barbecued Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 pounds skin-on chicken drumsticks trimmed
- ☐ 2 pounds chicken thighs trimmed
- ☐ 1 tablespoon garlic minced
- ☐ 0.7 cup hoisin sauce
- ☐ 3 tablespoons catsup
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons rice wine

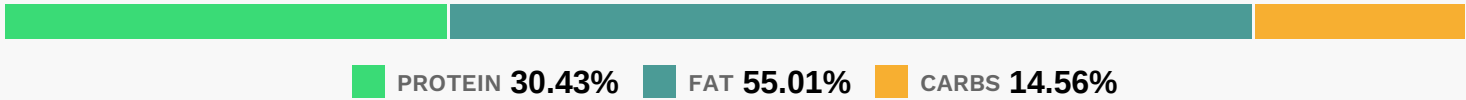
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ To prepare barbecue sauce, combine first 6 ingredients in a medium bowl.
- ☐ Place 3/4 cup sauce in a large bowl; cover and chill remaining barbecue sauce.
- ☐ Add chicken to barbecue sauce in large bowl; toss to coat. Cover and marinate in refrigerator 8 hours or overnight.
- ☐ Preheat oven to 37
- ☐ Remove chicken from bowl; reserve marinade.
- ☐ Place chicken on a broiler pan coated with cooking spray.
- ☐ Bake at 375 for 30 minutes. Turn chicken; baste with reserved marinade.
- ☐ Bake an additional 20 minutes or until done. Discard marinade.
- ☐ Bring remaining 3/4 cup barbecue sauce to a boil in a small saucepan; reduce heat, and cook until slightly thick and reduced to about 1/2 cup (about 5 minutes).
- ☐ Drizzle chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:14.24608702245%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 449.09kcal (22.45%), Fat: 26.7g (41.08%), Saturated Fat: 7.07g (44.21%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 15.18g (5.52%), Sugar: 10.4g (11.56%), Cholesterol: 181.72mg (60.57%), Sodium: 805.72mg (35.03%), Alcohol: 0.91g (100%), Alcohol %: 0.49% (100%), Protein: 33.24g (66.47%), Selenium: 36.68µg (52.41%), Vitamin B3: 9.37mg (46.84%), Vitamin B6: 0.69mg (34.38%), Phosphorus: 327.41mg (32.74%), Vitamin B2: 0.35mg (20.65%), Zinc: 3.02mg (20.13%), Vitamin B5: 1.99mg (19.85%), Vitamin B12: 1.14µg (19.06%), Potassium: 475.5mg (13.59%), Magnesium: 47.97mg (11.99%), Vitamin B1: 0.15mg (10.09%), Iron: 1.61mg (8.97%), Copper: 0.15mg (7.31%), Manganese: 0.14mg (6.95%), Vitamin K: 4.58µg (4.36%), Vitamin E: 0.55mg (3.69%), Folate: 14.16µg (3.54%), Calcium: 31.23mg (3.12%), Vitamin A: 153.72IU (3.07%), Fiber: 0.72g (2.89%), Vitamin D: 0.19µg (1.26%)