



Honey Barbecue Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



10

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



10 servings honey barbecue sauce



6 chicken breasts bone-in



8 skin-on chicken drumsticks

Equipment

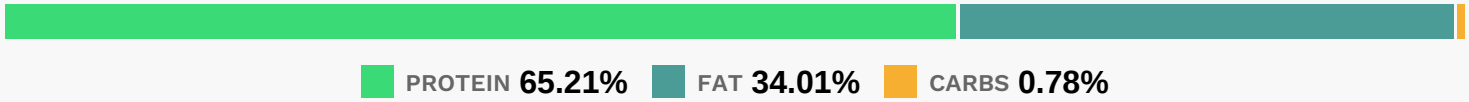


grill

Directions

- ☐ Coat food grate with cooking spray; place on grill over medium-high heat (350 to 400).
- ☐ Place chicken on grate, and grill, covered, 5 to 10 minutes on each side. Reduce heat to low (under 300); grill, covered, 40 to 50 minutes for breasts and 30 to 40 minutes for drumsticks or until done.
- ☐ Brush with 1 cup Honey Barbecue Sauce during last 10 minutes of grilling.
- ☐ Serve with remaining 1 cup sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.862173859516%

Nutrients (% of daily need)

Calories: 252.61kcal (12.63%), Fat: 9.15g (14.07%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.33g (0.37%), Cholesterol: 142.51mg (47.5%), Sodium: 230.59mg (10.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.45g (78.9%), Vitamin B3: 17.08mg (85.39%), Selenium: 55.16µg (78.79%), Vitamin B6: 1.22mg (60.87%), Phosphorus: 385.5mg (38.55%), Vitamin B5: 2.56mg (25.6%), Potassium: 639.11mg (18.26%), Vitamin B2: 0.24mg (13.96%), Zinc: 1.95mg (13.01%), Magnesium: 47.5mg (11.87%), Vitamin B12: 0.6µg (10.07%), Vitamin B1: 0.14mg (9.07%), Iron: 0.89mg (4.94%), Copper: 0.07mg (3.71%), Vitamin E: 0.38mg (2.54%), Vitamin C: 1.63mg (1.98%), Folate: 7.26µg (1.82%), Vitamin K: 1.8µg (1.72%), Manganese: 0.03mg (1.59%), Vitamin A: 70.78IU (1.42%), Calcium: 13.17mg (1.32%), Vitamin D: 0.2µg (1.31%)