



Honey Barbecued Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup catsup
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon gingerroot minced peeled
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons worcestershire sauce
- ☐ 3 pound broiler-fryer

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Equipment

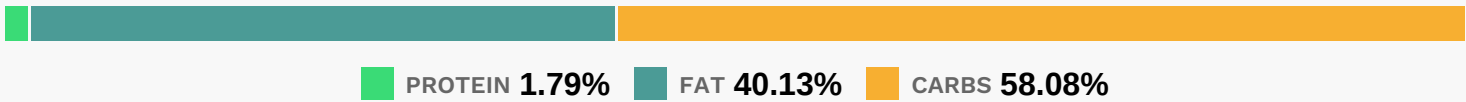
☐ sauce pan

☐ grill

Directions

- ☐ Combine first 7 ingredients in a saucepan. Bring to a boil, stirring frequently; reduce heat, and simmer 2 minutes.
- ☐ Remove from heat, and set aside.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken on rack; grill, covered, 10 minutes, turning frequently.
- ☐ Brush chicken with catsup mixture. Grill an additional 10 minutes or until done, turning and basting frequently with remaining catsup mixture.
- ☐ Transfer to a large serving platter.

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:3.08, Inflammation Score:-3, Nutrition Score:2.4634782587704%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 119.56kcal (5.98%), Fat: 5.75g (8.84%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 18.52g (6.73%), Sugar: 15.05g (16.72%), Cholesterol: 15.05mg (5.02%), Sodium: 482.07mg (20.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin A: 385.1IU (7.7%), Vitamin C: 5.53mg (6.7%), Vitamin E: 0.77mg (5.1%), Potassium: 177.63mg (5.07%), Vitamin B2: 0.08mg (4.76%), Vitamin B6: 0.08mg

(3.83%), Vitamin B3: 0.64mg (3.21%), Manganese: 0.06mg (2.86%), Iron: 0.49mg (2.74%), Copper: 0.05mg (2.66%), Magnesium: 7.29mg (1.82%), Phosphorus: 17.52mg (1.75%), Vitamin K: 1.76µg (1.67%), Calcium: 15.7mg (1.57%), Folate: 6.05µg (1.51%)