



Honey Mustard and Red Onion Barbecued Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup brown sugar
- ☐ 1 cup chicken stock see
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 cup dijon honey mustard prepared (recommended: Honey Cup brand)
- ☐ 0.5 onion red chopped

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 pieces chicken breast boneless skinless
- ☐ 4 chicken thighs boneless skinless
- ☐ 2 tablespoons vegetable oil
- ☐ 4 servings vegetable oil for drizzling

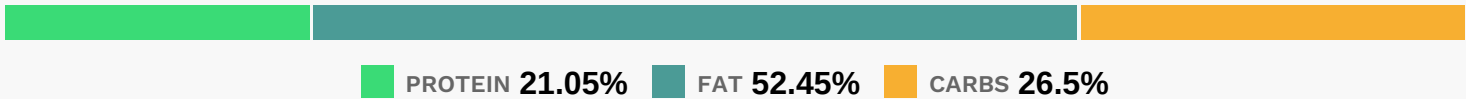
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill pan or griddle over medium high heat.
- ☐ Pour 2 tablespoons vegetable oil into a small saucepan over moderate heat.
- ☐ Add red onions and saute 3 to 5 minutes.
- ☐ Add vinegar and reduce by half, 1 to 2 minutes.
- ☐ Add brown sugar and cook 1 minute to incorporate.
- ☐ Whisk in broth and honey mustard, allspice and curry. Bring sauce to a bubble and reduce heat to lowest setting.
- ☐ Coat chicken with a drizzle of oil and salt and pepper, to your taste.
- ☐ Place chicken on hot grill and cook 4 or 5 minutes, then turn. Baste chicken liberally with sauce and cook another 5 minutes. Turn once again and baste. Cook 2 or 3 minutes more to cook through and transfer chicken to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:12.703043453476%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 465.94kcal (23.3%), Fat: 26.26g (40.41%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 29.47g (10.72%), Sugar: 21.16g (23.51%), Cholesterol: 109.79mg (36.6%), Sodium: 348.64mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.43%), Vitamin K: 42.12µg (40.11%), Selenium: 27.48µg (39.26%), Vitamin B3: 7.41mg (37.06%), Vitamin B6: 0.57mg (28.64%), Phosphorus: 236.66mg (23.67%), Vitamin B2: 0.26mg (15.1%), Vitamin B5: 1.41mg (14.07%), Vitamin E: 1.98mg (13.22%), Zinc: 1.85mg (12.36%), Vitamin B12: 0.73µg (12.09%), Potassium: 400.61mg (11.45%), Vitamin B1: 0.13mg (8.71%), Magnesium: 33.15mg (8.29%), Iron: 1.3mg (7.2%), Copper: 0.11mg (5.69%), Manganese: 0.11mg (5.64%), Calcium: 30.93mg (3.09%), Folate: 10.8µg (2.7%), Fiber: 0.4g (1.58%), Vitamin C: 1.28mg (1.55%)