



Honey Orange BBQ Chicken

 Vegetarian  Gluten Free

READY IN

ready

115 min.

SERVINGS

servings

4

CALORIES

calories

353 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 0.3 cup neely's bbq sauce
- ☐ 4 tablespoons butter
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup honey
- ☐ 0.3 cup hot sauce
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 1 tablespoon orange zest grated

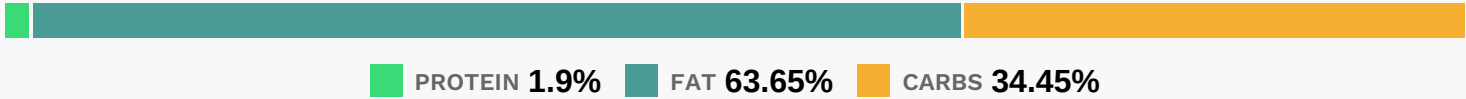
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the orange juice, olive oil, hot sauce, mustard, and orange zest together in a large bowl.
- ☐ Add the chicken and toss to combine. Cover with plastic wrap and let marinate for at least 1 hour and up to overnight in the refrigerator.
- ☐ Prepare the grill to medium direct heat.
- ☐ Let chicken come to room temperature before grilling.
- ☐ Drain the chicken from the marinade and pat dry. Grill on each side for 5 minutes, then turn the heat to medium-low and cover the lid of the grill. Continue cooking the chicken until it's cooked through, about 25 minutes more.
- ☐ While the chicken is grilling, melt the butter in a small saucepan on the grill.
- ☐ Whisk in the honey, orange juice, BBQ sauce, zest, mustard and allspice. Reserve some of the glaze in a small ramekin for serving.
- ☐ Brush the chicken pieces with glaze, then flip the chicken, glaze side down, and cook for 2 minutes.
- ☐ Brush second side of the chicken with glaze and flip again. Continue cooking for 3 more minutes.
- ☐ Remove the chicken from grill to a platter and serve with reserved glaze.

Nutrition Facts



Properties

Glycemic Index:71.32, Glycemic Load:11.66, Inflammation Score:-5, Nutrition Score:6.979999927075%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 353.3kcal (17.67%), Fat: 25.91g (39.86%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 30.03g (10.92%), Sugar: 27.76g (30.84%), Cholesterol: 30.1mg (10.03%), Sodium: 925.99mg (40.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin C: 36.86mg (44.68%), Vitamin E: 2.53mg (16.89%), Selenium: 8.45µg (12.07%), Vitamin A: 530.55IU (10.61%), Vitamin K: 10.18µg (9.7%), Manganese: 0.15mg (7.66%), Vitamin B1: 0.1mg (6.51%), Fiber: 1.52g (6.08%), Potassium: 209.66mg (5.99%), Magnesium: 20.46mg (5.12%), Iron: 0.83mg (4.64%), Folate: 18.16µg (4.54%), Phosphorus: 42.7mg (4.27%), Vitamin B6: 0.08mg (3.99%), Vitamin B2: 0.07mg (3.87%), Calcium: 34.75mg (3.48%), Copper: 0.06mg (3.21%), Vitamin B3: 0.51mg (2.54%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.28mg (1.88%)