



Island Barbecue Chicken

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



15

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 pounds chicken thighs boneless
- 1 cup brown sugar
- 0.5 cup ginger root fresh chopped
- 2 cloves garlic minced
- 6 cups soya sauce

Equipment

- bowl
- grill

Directions

- Place chicken in a container large enough to hold it all. In a separate medium bowl, combine the garlic, ginger, soy sauce and brown sugar.
- Mix well and pour over the chicken. Seal container and let marinate in the refrigerator overnight.
- Preheat an outdoor grill for medium to low heat and lightly oil grate.
- Grill chicken over medium to low heat for 1 hour, turning halfway through cooking time. Chicken is done when it's juices run clear.

Nutrition Facts

PROTEIN 30.51% **FAT 58.62%** **CARBS 10.87%**

Properties

Glycemic Index:4, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:25.459130425816%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 776.81kcal (38.84%), Fat: 50.35g (77.46%), Saturated Fat: 13.56g (84.74%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 20.2g (7.35%), Sugar: 15.86g (17.63%), Cholesterol: 296.35mg (98.78%), Sodium: 5421.24mg (235.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.96g (117.93%), Vitamin B3: 17.75mg (88.76%), Selenium: 57.55µg (82.21%), Vitamin B6: 1.24mg (61.95%), Phosphorus: 600.71mg (60.07%), Vitamin B5: 3.45mg (34.5%), Vitamin B12: 1.94µg (32.26%), Vitamin B2: 0.54mg (31.87%), Zinc: 4.2mg (27.99%), Manganese: 0.53mg (26.74%), Magnesium: 97.37mg (24.34%), Potassium: 851.04mg (24.32%), Iron: 4.36mg (24.25%), Vitamin B1: 0.28mg (18.67%), Copper: 0.29mg (14.74%), Folate: 26.29µg (6.57%), Vitamin K: 6.36µg (6.06%), Calcium: 56.16mg (5.62%), Vitamin A: 235.9IU (4.72%), Vitamin E: 0.64mg (4.29%), Fiber: 0.81g (3.26%), Vitamin D: 0.3µg (2.02%)