



Maple-Mustard BBQ Chicken

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

READY IN



40 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 3 pounds chicken pieces boneless bone-in skinless
- 2 tablespoons apple cider vinegar
- 0.5 cup dijon mustard
- 6 servings kosher salt
- 0.7 cup maple syrup
- 1 tablespoon soya sauce
- 2 tablespoons vegetable oil

0.3 cup coarse mustard

Equipment

bowl

baking sheet

paper towels

whisk

grill

kitchen thermometer

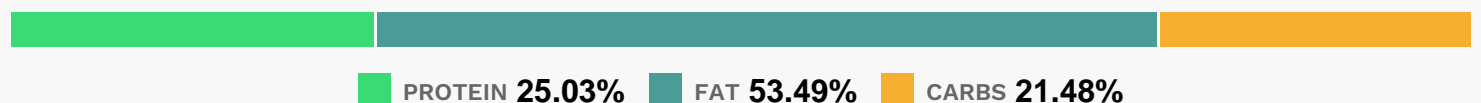
Directions

Place the maple syrup, Dijon, whole-grain mustard, vinegar, and soy sauce in a small, nonreactive bowl and whisk to combine. Equally divide the sauce between 2 small bowls; set aside 1 bowl for serving and the other for brushing onto the chicken while it cooks on the grill.

Heat a gas or charcoal grill to medium (about 350°F to 450°F). Meanwhile, if you're using chicken breasts (either boneless or bone-in), cut them in half crosswise. Pat the chicken pieces dry with paper towels and place on a baking sheet. Coat them all over with the oil and season with salt and pepper. When the grill is ready, place the chicken on it (skin-side down if using skin-on), cover the grill, and cook until grill marks appear on the bottom, about 5 minutes. Flip the chicken pieces over, cover the grill, and cook until grill marks appear on the second side, about 5 minutes more. Flip the chicken again and generously brush the pieces using the bowl of sauce set aside for that. Cover the grill and cook for 5 minutes. Flip and brush the chicken, and continue to flip and brush every 5 minutes, until an instant-read thermometer inserted into the thickest piece reads 160°F to 165°F and the meat near the bone is no longer pink, about 10 to 15 minutes more (about 25 to 30 minutes total cooking time).

Remove the chicken to a clean serving platter and pass the remaining bowl of sauce on the side.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:8.95, Inflammation Score:-4, Nutrition Score:16.656521662422%

Nutrients (% of daily need)

Calories: 490.34kcal (24.52%), Fat: 28.82g (44.33%), Saturated Fat: 7.42g (46.37%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 24.65g (8.96%), Sugar: 21.95g (24.39%), Cholesterol: 115.67mg (38.56%), Sodium: 815.19mg (35.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.67%), Vitamin B3: 10.81mg (54.06%), Manganese: 1.02mg (51.13%), Selenium: 32.82µg (46.89%), Vitamin B2: 0.66mg (39.1%), Vitamin B6: 0.57mg (28.38%), Phosphorus: 264.78mg (26.48%), Zinc: 2.49mg (16.58%), Vitamin B5: 1.51mg (15.09%), Magnesium: 54.92mg (13.73%), Potassium: 430.05mg (12.29%), Vitamin B1: 0.18mg (11.79%), Iron: 2.02mg (11.2%), Vitamin K: 11.28µg (10.74%), Vitamin B12: 0.48µg (7.97%), Calcium: 77.08mg (7.71%), Vitamin E: 0.94mg (6.29%), Fiber: 1.39g (5.55%), Copper: 0.1mg (5.15%), Vitamin A: 238.56IU (4.77%), Vitamin C: 2.59mg (3.14%), Folate: 11.99µg (3%), Vitamin D: 0.31µg (2.06%)