



Molasses-Sauced Barbecued Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 1 teaspoon chili powder
- 2 tablespoons cider vinegar
- 0.8 teaspoon mustard dry
- 0.5 teaspoon coarsely ground pepper
- 0.5 cup catsup
- 2 teaspoons liquid smoke
- 3 tablespoons blackstrap molasses

- 2 tablespoons onion minced
- 16 ounce skinned
- 2 tablespoons worcestershire sauce low-sodium

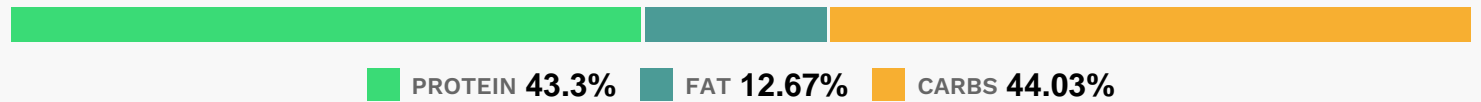
Equipment

- bowl
- grill

Directions

- Combine first 10 ingredients in a small bowl; stir well.
- Coat grill rack with cooking spray; place chicken on rack over medium coals (300 to 350). Grill, covered, 15 minutes or until done, turning and basting frequently with sauce.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:5.09, Inflammation Score:-5, Nutrition Score:15.222608809886%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 228.54kcal (11.43%), Fat: 3.2g (4.93%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 24.59g (8.94%), Sugar: 21.66g (24.07%), Cholesterol: 72.57mg (24.19%), Sodium: 534.96mg (23.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.27%), Vitamin B3: 12.54mg (62.72%), Selenium: 40.17µg (57.39%), Vitamin B6: 1.02mg (50.86%), Phosphorus: 262.86mg (26.29%), Potassium: 823.48mg (23.53%), Magnesium: 74.49mg (18.62%), Vitamin B5: 1.77mg (17.72%), Manganese: 0.35mg (17.64%), Vitamin B2: 0.18mg (10.71%), Iron: 1.88mg (10.42%), Copper: 0.16mg (8.04%), Vitamin A: 344.47IU (6.89%), Vitamin B1: 0.09mg (6.32%), Vitamin E: 0.87mg (5.82%), Calcium: 57.93mg (5.79%), Zinc: 0.83mg (5.52%), Vitamin C: 4.1mg (4.96%), Vitamin B12: 0.23µg (3.78%), Folate: 9.69µg (2.42%), Vitamin K: 2.19µg (2.09%), Fiber: 0.46g (1.83%)