

 food
network

Smothered BBQ Chicken on Texas Toast

READY IN



110 min.

SERVINGS



4

CALORIES



1174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoons chiles in adobo sauce
- 0.3 cup apple cider vinegar
- 1 bay leaf
- 1 teaspoon canola oil
- 1 chipotle pepper in adobo
- 0.3 cup cider vinegar
- 2 tablespoons dijon mustard
- 1 tablespoon parsley fresh chopped
- 1 medium clove garlic grated

- 0.3 teaspoon ground pepper black
- 2 cups catsup
- 0.5 teaspoon kosher salt
- 4 servings kosher salt and freshly cracked pepper black
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon
- 1 cup mayonnaise
- 0.3 cup blackstrap molasses
- 1 teaspoon pepper sauce hot
- 1 large onion red peeled halved sliced into half-moons, 1/
- 4 servings pepper flakes red
- 0.8 cup red wine vinegar
- 2 pounds chicken thighs boneless skinless
- 2 tablespoons sugar
- 4 slices texas toast croutons with butter and toasted until golden
- 2 tablespoons vegetable oil
- 1 medium vidalia onion pureed peeled quartered ()
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- knife
- pot

Directions

- Preheat the oven to 325 degrees F.
- Heat a 12-inch skillet over medium heat.

- Sprinkle both sides of the chicken thighs with salt and pepper.
- Add the oil to the skillet, and then the chicken thighs. Sear both sides of the chicken until golden in color, about 3 minutes per side.
- Lower the heat and add in the Chipotle Vinegar BBQ Sauce. Bring to a simmer, and then place in the oven to finish cooking the chicken, 10 to 15 minutes.
- Let the chicken cool a bit in the sauce. Then, using two forks, shred the chicken into medium pieces and hold in the sauce until ready to serve.
- Lay down the Texas toast and put a nice amount of the saucy, shredded chicken on top. Artfully drizzle Southern White Sauce on top of the chicken and then pile on the Pickled Red Onions. Pick it up or fork and knife it, either way it's delicious.
- Add the ketchup, molasses, vinegar, 1/4 cup water, mustard, oil, Worcestershire sauce, hot pepper sauce, black pepper, garlic, onion juice, chipotle pepper and adobo sauce together in a saucepot and bring to a boil over medium-high heat. Once at a boil, reduce to a simmer and cook for 20 minutes to combine the flavors.
- Remove from the heat and cool to room temperature.
- Combine the mayonnaise, cider vinegar, lemon juice and some salt and pepper in a bowl. Use immediately or store in airtight container in fridge for up to 4 days. Great as a salad dressing too!
- To a saucepot, add the vinegar, 1/2 cup water, sugar, salt, red pepper flakes to taste and bay leaf and bring to a boil.
- Add the onions to a heatproof container and pour the boiling pickling liquid over them.
- Let the onions sit for at least 30 minutes. Right before serving, add in the parsley.

Nutrition Facts

■ PROTEIN **17.06%** ■ FAT **51.8%** ■ CARBS **31.14%**

Properties

Glycemic Index:107.27, Glycemic Load:14.41, Inflammation Score:-9, Nutrition Score:39.018695375194%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 18.66mg, Quercetin: 18.66mg, Quercetin: 18.66mg, Quercetin: 18.66mg

Nutrients (% of daily need)

Calories: 1173.61kcal (58.68%), Fat: 67.78g (104.28%), Saturated Fat: 12.24g (76.49%), Carbohydrates: 91.69g (30.56%), Net Carbohydrates: 87.54g (31.83%), Sugar: 61.87g (68.75%), Cholesterol: 238.98mg (79.66%), Sodium: 3388.31mg (147.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.25g (100.5%), Vitamin K: 134.5µg (128.09%), Selenium: 62.26µg (88.95%), Vitamin B6: 1.59mg (79.68%), Vitamin B3: 15.17mg (75.84%), Iron: 11.5mg (63.86%), Phosphorus: 535.9mg (53.59%), Potassium: 1639.47mg (46.84%), Manganese: 0.91mg (45.35%), Magnesium: 160.13mg (40.03%), Vitamin B2: 0.68mg (39.81%), Vitamin E: 5.68mg (37.9%), Vitamin B5: 3.27mg (32.73%), Vitamin A: 1411.82IU (28.24%), Zinc: 4.19mg (27.92%), Vitamin B12: 1.52µg (25.31%), Copper: 0.49mg (24.66%), Vitamin B1: 0.31mg (20.79%), Vitamin C: 16.34mg (19.8%), Fiber: 4.15g (16.6%), Calcium: 159.03mg (15.9%), Folate: 51.54µg (12.88%)