



Spicy Southwest Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



381 kcal

SAUCE

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 rib celery chopped
- ☐ 2 tablespoons chili powder
- ☐ 0.5 cup cider vinegar
- ☐ 1 garlic bulb unpeeled
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons coffee granules instant

- ☐ 2 cups catsup
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1.5 teaspoons pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 3 pound meat from a rotisserie chicken whole cut into quarters
- ☐ 0.5 cup worcestershire sauce

Equipment

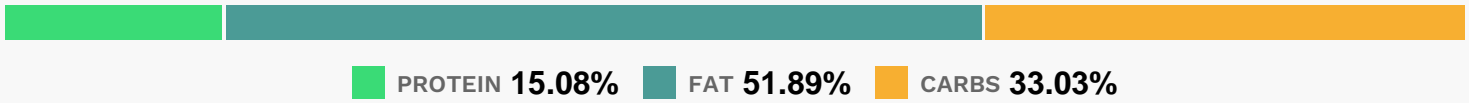
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Cut off pointed end of garlic bulb; place garlic on a piece of aluminum foil, and drizzle with olive oil. Fold foil to seal.
- ☐ Bake at 425 for 30 minutes; cool. Squeeze pulp from garlic cloves.
- ☐ Combine garlic pulp, ketchup, and next 12 ingredients in a large saucepan. Bring mixture to a boil; reduce heat, and simmer 20 minutes. Cool.
- ☐ Pour mixture in a blender; process until smooth, stopping once to scrape down sides.
- ☐ Reserve 1 cup barbecue sauce for basting chicken the last 30 minutes of grilling time. (Discard any leftover basting sauce.)
- ☐ Grill chicken according to directions below.
- ☐ Serve chicken with remaining sauce.
- ☐ Place 2 cups hickory, mesquite, or other wood chips in the center of a large square of heavy-duty aluminum foil; fold into a rectangle, and seal. Punch holes in top of packet. Preheat one side of grill, leaving center empty, for 20 minutes.

- ☐ Place packet on cooking grate over unlit side. Grill, covered with grill lid, 2 hours and 15 minutes or until done (170). Baste as directed.
- ☐ Direct Cooking: Preheat grill over low heat, under 300, for 20 minutes.
- ☐ Place chicken, skin side up, on cooking grate. Grill, covered with grill lid, over low heat 1 hour and 15 minutes or until done. (Don't turn chicken.) Baste as directed.
- ☐ Indirect Cooking: Soak 2 cups hickory wood chips in cold water for 30 minutes; drain. (Wood chips for the gas grill are not soaked in water because they're encased in foil and placed on the cooking grate.) Prepare fire by piling charcoal on each side of grill, leaving center empty.
- ☐ Let charcoal burn for 30 minutes, or until flames disappear and coals turn white.
- ☐ Sprinkle chips over hot coals. Arrange chicken, skin side up, on cooking grate in center of grill (not directly over coals). Cook covered with grill lid, for 50 minutes to 1 hour or until done. (Don't turn chicken.) Baste as directed.
- ☐ Note: For these methods, we prefer to use a 3-pound chicken whole chicken cut into quarters, which tend to cook more evenly. If using chicken pieces, remove drumsticks and wings from the grill a little earlier to keep them from burning.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:10.654347792916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 380.56kcal (19.03%), Fat: 22.35g (34.39%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 30.92g (11.24%), Sugar: 25.33g (28.15%), Cholesterol: 54.43mg (18.14%), Sodium: 1022.28mg (44.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.98mg (2.33%), Protein: 14.62g (29.24%), Vitamin B3: 6.14mg (30.72%), Vitamin A: 1465.7IU (29.31%), Vitamin B6: 0.4mg (20.2%), Selenium: 11.62µg (16.6%), Vitamin E: 2.35mg (15.63%), Potassium: 505.59mg (14.45%), Phosphorus: 144.43mg (14.44%), Vitamin B2: 0.22mg (13.14%), Iron: 2.18mg (12.12%), Manganese: 0.23mg (11.58%), Zinc: 1.2mg (7.97%), Magnesium: 31mg (7.75%),

Vitamin C: 6.14mg (7.45%), Vitamin B5: 0.75mg (7.45%), Copper: 0.15mg (7.41%), Calcium: 58.78mg (5.88%),
Vitamin K: 5.88µg (5.6%), Vitamin B1: 0.07mg (4.78%), Fiber: 1.09g (4.38%), Vitamin B12: 0.24µg (3.96%), Folate:
13.02µg (3.26%)