



Spicy Sweet-and-Sour Grilled Chicken



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds skin-on chicken drumsticks
- ☐ 2 pounds strips. trimmed
- ☐ 9 large cloves garlic minced
- ☐ 0.3 cup jalapeno with seeds minced
- ☐ 6 servings lime wedges for serving
- ☐ 0.8 cup onion minced (1 medium)
- ☐ 1 cup soya sauce
- ☐ 0.8 cup sugar

- ☐ 0.3 cup tomato paste (from a 6-ounce can)
- ☐ 1 cup water
- ☐ 1 cup vinegar white

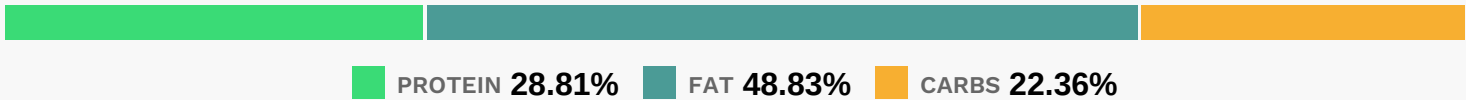
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Stir together water and tomato paste in a 2 1/2- to 3-quart heavy saucepan until smooth, then stir in remaining sauce ingredients. Bring mixture to a boil, stirring, then reduce heat and briskly simmer, stirring occasionally, until sauce is reduced to 2 1/4 cups, 50 to 60 minutes. Stir frequently toward end of cooking to prevent sticking. Reserve 1 cup sauce for serving.
- ☐ Prepare grill for indirect-heat grilling over medium-hot charcoal (medium-high heat for gas grills; see Grilling Procedure).
- ☐ Pat chicken dry (do not season with salt and pepper). Lightly oil grill rack and place chicken, skin side down, on area with no coals underneath (over turned-off burner if using gas). Grill, covered, turning once, until chicken registers 165°F, 22 to 25 minutes. (Chicken may appear pale; no cause for worry.)
- ☐ Brush generously all over with some of sauce, then move chicken directly over coals (turned-on burners if using gas). Grill chicken, covered, turning and moving to area with no coals or heat underneath if flare-ups occur, until browned, 3 to 5 minutes more. (
- ☐ Add more charcoal during grilling if necessary to maintain heat.)
- ☐ Serve chicken with reserved sauce.
- ☐ •Sauce can be made 3 days ahead and kept refrigerated once cooled. Reheat before using.

Nutrition Facts



Properties

Glycemic Index:50.18, Glycemic Load:19.38, Inflammation Score:-5, Nutrition Score:20.546956756841%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 604.43kcal (30.22%), Fat: 32.41g (49.85%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 32.02g (11.65%), Sugar: 28.07g (31.19%), Cholesterol: 218.07mg (72.69%), Sodium: 2446.41mg (106.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.03%), Selenium: 45.03µg (64.32%), Vitamin B3: 12.68mg (63.4%), Vitamin B6: 0.97mg (48.65%), Phosphorus: 440.21mg (44.02%), Vitamin B5: 2.55mg (25.52%), Vitamin B2: 0.42mg (24.75%), Zinc: 3.69mg (24.59%), Vitamin B12: 1.39µg (23.09%), Potassium: 734.07mg (20.97%), Manganese: 0.39mg (19.67%), Magnesium: 68.73mg (17.18%), Iron: 2.9mg (16.11%), Vitamin B1: 0.22mg (14.89%), Vitamin C: 11.5mg (13.93%), Copper: 0.25mg (12.52%), Vitamin A: 374.57IU (7.49%), Vitamin E: 1.12mg (7.47%), Vitamin K: 7.41µg (7.05%), Fiber: 1.36g (5.44%), Folate: 20.45µg (5.11%), Calcium: 49.01mg (4.9%), Vitamin D: 0.23µg (1.51%)