



Sticky Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound meat from a rotisserie chicken cut into pieces
- ☐ 1 tablespoon cider vinegar
- ☐ 0.5 clove garlic finely chopped
- ☐ 0.3 cup catsup
- ☐ 0.3 cup peach preserves
- ☐ 0.5 teaspoon pepper flakes red

Equipment

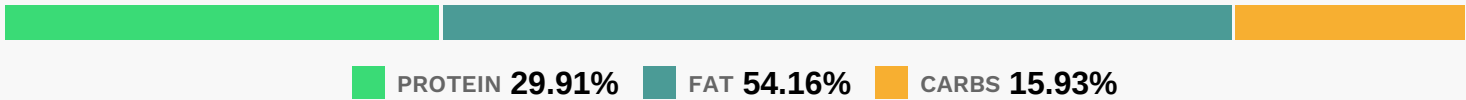
- ☐ bowl

- ☐ whisk
- ☐ grill

Directions

- ☐ In a small bowl, whisk together the ketchup, marmalade, garlic, vinegar, red pepper, and the chili powder and mustard (if using). (At this point, the glaze can be covered and refrigerated for up to 2 weeks.)
- ☐ Heat grill to medium.
- ☐ Place the chicken, skin-side up, over indirect heat, close lid, and cook for 25 minutes.
- ☐ Brush the glaze over the skin and continue to cook, brushing once more with the glaze, until cooked through, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:5.32, Inflammation Score:-3, Nutrition Score:9.2165216362995%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 323.91kcal (16.2%), Fat: 19.17g (29.5%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 12.44g (4.52%), Sugar: 9.03g (10.03%), Cholesterol: 95.25mg (31.75%), Sodium: 187.04mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.64%), Vitamin B3: 8.81mg (44.03%), Selenium: 18.71µg (26.73%), Vitamin B6: 0.47mg (23.49%), Phosphorus: 193.07mg (19.31%), Vitamin B5: 1.17mg (11.66%), Zinc: 1.7mg (11.34%), Vitamin B2: 0.18mg (10.68%), Potassium: 285.13mg (8.15%), Iron: 1.29mg (7.14%), Magnesium: 27.7mg (6.93%), Vitamin B12: 0.39µg (6.56%), Vitamin A: 278.55IU (5.57%), Vitamin B1: 0.08mg (5.37%), Vitamin C: 3.77mg (4.57%), Copper: 0.09mg (4.31%), Vitamin E: 0.61mg (4.05%), Manganese: 0.05mg (2.65%), Folate: 10.13µg (2.53%), Vitamin K: 2.39µg (2.27%), Calcium: 19.48mg (1.95%), Vitamin D: 0.25µg (1.69%)