



Sweet Barbecue Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce apple juice concentrate frozen undiluted thawed canned
- ☐ 1 cup bottled barbecue sauce
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup brown sugar packed
- ☐ 5.3 pounds chicken leg quarters
- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 teaspoon ground pepper red

☐ 0.8 teaspoon salt

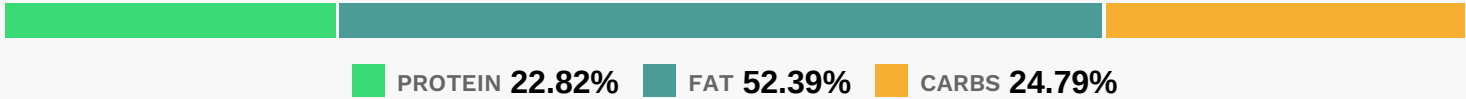
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients in a saucepan. Cook over medium heat 5 minutes or until thoroughly heated, stirring occasionally.
- ☐ Prepare grill or broiler.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place on a grill rack or broiler pan coated with cooking spray. Cook 10 minutes on each side.
- ☐ Brush chicken with sauce, and cook an additional 15 minutes or until chicken is done, turning and basting frequently.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:12.527826166671%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 488.26kcal (24.41%), Fat: 28.25g (43.47%), Saturated Fat: 7.58g (47.39%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 29.64g (10.78%), Sugar: 27.09g (30.1%), Cholesterol: 165.31mg (55.1%), Sodium: 529.3mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Selenium: 32.15µg (45.93%), Vitamin B3: 8.05mg (40.25%), Vitamin B6: 0.62mg (30.76%), Phosphorus: 274.46mg (27.45%), Vitamin B12: 1.08µg (17.99%), Vitamin B5: 1.79mg (17.87%), Zinc: 2.18mg (14.54%), Vitamin B2: 0.24mg (14.25%), Potassium:

448.89mg (12.83%), Magnesium: 38.52mg (9.63%), Iron: 1.69mg (9.37%), Vitamin B1: 0.14mg (9.01%), Vitamin K: 7.28µg (6.93%), Vitamin A: 310.65IU (6.21%), Copper: 0.12mg (5.92%), Manganese: 0.11mg (5.48%), Vitamin E: 0.67mg (4.49%), Calcium: 42.12mg (4.21%), Fiber: 0.43g (1.72%), Folate: 6.41µg (1.6%), Vitamin D: 0.17µg (1.12%)