



Sweet Mustard Chicken Thighs



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper red crushed
- 0.3 cup brown sugar dark packed
- 1 teaspoon ground allspice
- 0.5 cup mustard prepared
- 3 ounce chicken thighs boneless skinless

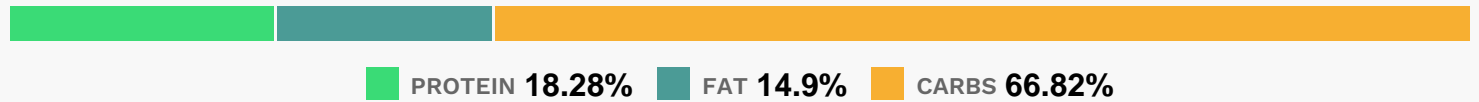
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Combine first 4 ingredients in a small bowl, stirring well. Reserve and set aside 1/4 cup sauce mixture.
- Place chicken on grill rack coated with cooking spray.
- Brush half of remaining 1/2 cup sauce mixture over one side of chicken. Grill chicken 3 to 4 minutes. Turn chicken over; brush with remaining half of sauce mixture. Cook 3 to 4 minutes or until done.
- Place chicken on a serving platter; drizzle with reserved 1/4 cup sauce mixture.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.4008696079254%

Nutrients (% of daily need)

Calories: 115.62kcal (5.78%), Fat: 1.99g (3.06%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 18.57g (6.75%), Sugar: 18.23g (20.26%), Cholesterol: 20.2mg (6.73%), Sodium: 368.87mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Selenium: 15.65µg (22.35%), Manganese: 0.16mg (8.09%), Phosphorus: 75.05mg (7.5%), Vitamin B3: 1.41mg (7.06%), Vitamin B6: 0.13mg (6.36%), Fiber: 1.49g (5.96%), Magnesium: 22.34mg (5.59%), Vitamin B1: 0.08mg (5.25%), Iron: 0.85mg (4.73%), Calcium: 40.46mg (4.05%), Vitamin B5: 0.37mg (3.74%), Potassium: 130.82mg (3.74%), Zinc: 0.54mg (3.59%), Vitamin B2: 0.06mg (3.51%), Copper: 0.05mg (2.38%), Vitamin B12: 0.14µg (2.27%), Vitamin A: 66.96IU (1.34%), Vitamin E: 0.19mg (1.3%), Vitamin K: 1.22µg (1.16%)