



Sweet Soy-Glazed BBQ Chicken

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken pieces boneless bone-in skinless
- 2 tablespoons cornstarch dissolved in 2 tablespoons cold water
- 0.5 cup t brown sugar dark packed
- 2 medium garlic clove finely chopped
- 0.3 cup pineapple juice sweetened
- 0.3 cup sherry dry
- 2 teaspoons sesame seed toasted for garnish
- 0.5 cup soya sauce

- 6 servings vegetable oil for rubbing the grill grates
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- sauce pan
- whisk
- grill
- kitchen thermometer
- ziploc bags

Directions

- Place the brown sugar, soy sauce, sake or sherry, and garlic in a large resealable plastic bag and stir to combine.
- Add the chicken, seal the bag (pressing out any excess air), and turn to coat the chicken evenly.
- Place all of the ingredients except the cornstarch–water mixture in a small saucepan and stir to combine. Bring to a boil over medium–high heat. Reduce the heat to low and simmer until the sauce has reduced to about 1 1/4 cups, about 15 minutes.
- Add the cornstarch mixture, whisk to combine, and cook until the sauce has thickened, about 1 minute. Divide the sauce equally between 2 small bowls; set aside 1 bowl for serving and the other for brushing onto the chicken while it cooks on the grill. To grill and serve: When ready to grill, remove the chicken from the refrigerator and let it sit at room temperature for about 15 minutes. Meanwhile, heat a gas or charcoal grill to medium (about 350°F to 450°F). When the grill is ready, rub the grates with a towel dipped in vegetable oil.
- Remove the chicken from the bag and place it on the grill (skin–side down if using skin–on), cover the grill, and cook until grill marks appear on the bottom, about 5 minutes. Flip the chicken pieces, cover the grill, and cook until grill marks appear on the second side, about 5 minutes more. Flip the chicken again and generously brush the pieces using the bowl of sauce set aside for that purpose. Cover the grill and cook for 5 minutes. Flip and brush the chicken, and continue to flip and brush every 5 minutes, until an instant–read thermometer inserted into the thickest piece reads 160°F to 165°F and the meat near the bone is no longer pink, about 10 to 15 minutes more (about 25 to 30 minutes total cooking time).

Remove to a clean serving platter, sprinkle with the toasted sesame seeds, and serve, passing the remaining bowl of barbecue sauce on the side.

Nutrition Facts

PROTEIN 22.27% **FAT 60.82%** **CARBS 16.91%**

Properties

Glycemic Index:23.5, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:13.79521732745%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 566.43kcal (28.32%), Fat: 37.59g (57.84%), Saturated Fat: 8.83g (55.2%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 23.22g (8.45%), Sugar: 19.2g (21.33%), Cholesterol: 115.67mg (38.56%), Sodium: 1194.63mg (51.94%), Alcohol: 1.03g (100%), Alcohol %: 0.56% (100%), Protein: 30.97g (61.94%), Vitamin B3: 11.34mg (56.7%), Selenium: 23.05µg (32.93%), Vitamin B6: 0.62mg (30.92%), Vitamin K: 28.15µg (26.81%), Phosphorus: 261.63mg (26.16%), Vitamin B5: 1.52mg (15.17%), Zinc: 2.2mg (14.65%), Vitamin B2: 0.22mg (12.99%), Iron: 2.19mg (12.15%), Manganese: 0.24mg (11.78%), Magnesium: 45.28mg (11.32%), Potassium: 385.89mg (11.03%), Vitamin E: 1.61mg (10.75%), Vitamin B12: 0.48µg (7.97%), Vitamin B1: 0.12mg (7.83%), Copper: 0.15mg (7.4%), Calcium: 46.89mg (4.69%), Vitamin C: 3.79mg (4.59%), Vitamin A: 216.55IU (4.33%), Folate: 15.46µg (3.87%), Vitamin D: 0.31µg (2.06%), Fiber: 0.3g (1.19%)