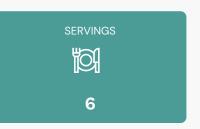


# **Tangy Bourbon BBQ Chicken**

airy Free







LUNCH

MAIN COURSE

MAIN DISH

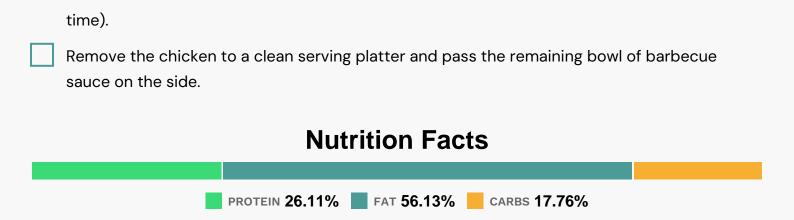
DINNER

## Ingredients

0.3 cup catsup

6 servings pepper black freshly ground
0.3 cup bourbon
3 pounds chicken pieces boneless bone-in skinless
2 teaspoons chili powder
0.3 cup apple cider vinegar
0.3 cup t brown sugar dark packed
2 tablespoons blackstrap molasses dark (not blackstrap)

	6 servings kosher salt	
	0.8 cup tomato sauce	
	2 tablespoons vegetable oil	
	2 tablespoons worcestershire sauce	
Equipment		
	bowl	
	baking sheet	
	paper towels	
	sauce pan	
	whisk	
	grill	
	kitchen thermometer	
Directions		
	Place the tomato sauce, bourbon, vinegar, brown sugar, ketchup, molasses, Worcestershire, and chili powder in a small saucepan and whisk to combine. Bring the mixture to a boil over medium-high heat. Reduce the heat to low and simmer, stirring occasionally, until the flavors have melded and the sauce has thickened enough to coat the back of a spoon, about 25 to 30 minutes. Equally divide the sauce between 2 small bowls and set it aside to cool to room temperature. Reserve 1 bowl of sauce for serving and the other for brushing onto the chicken while it cooks on the grill.	
	Heat a gas or charcoal grill to medium (about 350°F to 450°F). Meanwhile, if you're using chicken breasts (either boneless or bone-in), cut them in half crosswise. Pat the chicken pieces dry with paper towels and place on a baking sheet. Coat them all over with the oil and season with salt and pepper. When the grill is ready, place the chicken on it (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 over, 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	



### **Properties**

Glycemic Index:29.33, Glycemic Load:2.77, Inflammation Score:-6, Nutrition Score:14.258260934249%

#### **Flavonoids**

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

#### **Nutrients** (% of daily need)

Calories: 474.95kcal (23.75%), Fat: 27.97g (43.02%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 19.17g (6.97%), Sugar: 17.75g (19.72%), Cholesterol: 115.67mg (38.56%), Sodium: 627.86mg (27.3%), Alcohol: 3.34g (100%), Alcohol %: 1.75% (100%), Protein: 29.27g (58.54%), Vitamin B3: 11.13mg (55.63%), Selenium: 23.94µg (34.2%), Vitamin B6: 0.65mg (32.42%), Phosphorus: 246.76mg (24.68%), Potassium: 587.23mg (16.78%), Vitamin B5: 1.58mg (15.76%), Zinc: 2.18mg (14.51%), Iron: 2.55mg (14.16%), Magnesium: 56.1mg (14.03%), Vitamin B2: 0.24mg (13.88%), Vitamin K: 12.73µg (12.13%), Vitamin A: 602.51lU (12.05%), Manganese: 0.23mg (11.55%), Vitamin E: 1.68mg (11.2%), Copper: 0.18mg (8.84%), Vitamin B12: 0.48µg (7.97%), Vitamin B1: 0.11mg (7.34%), Vitamin C: 5.76mg (6.99%), Calcium: 53.55mg (5.36%), Folate: 13.66µg (3.41%), Fiber: 0.75g (2.99%), Vitamin D: 0.31µg (2.06%)