



Tangy Bourbon BBQ Chicken

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 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)
- 0.3 cup catsup

- 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

time).

- Remove the chicken to a clean serving platter and pass the remaining bowl of barbecue sauce on the side.

Nutrition Facts

PROTEIN 26.11% **FAT 56.13%** **CARBS 17.76%**

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: 602.51IU (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%)