

Ty's Barbequed Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tablespoons brown sugar
- 4 tablespoons honey
- 4 tablespoons catsup
- 1 onion chopped
- 6 servings salt and pepper to taste
- 2 chicken breast boneless skinless
- 1 tablespoon soya sauce

Equipment

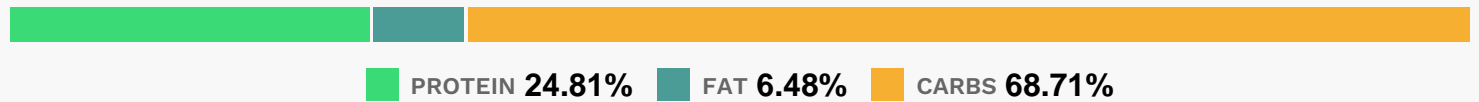
bowl

grill

Directions

- Rinse chicken and pat dry. In a shallow glass bowl combine the onion, salt, pepper, honey, ketchup, sugar and soy sauce.
- Mix all together.
- Add chicken, stir to coat. Cover and marinate in refrigerator for 30 minutes.
- Lightly oil grill and preheat to high.
- Remove chicken from marinade and grill over high heat for 15 minutes each side or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:15.71, Glycemic Load:6.42, Inflammation Score:-2, Nutrition Score:4.7508695721626%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 135.13kcal (6.76%), Fat: 1.01g (1.55%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 24g (8%), Net Carbohydrates: 23.61g (8.59%), Sugar: 22.21g (24.68%), Cholesterol: 24.11mg (8.04%), Sodium: 499.3mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Vitamin B3: 4.24mg (21.19%), Selenium: 12.45µg (17.78%), Vitamin B6: 0.33mg (16.63%), Phosphorus: 91.8mg (9.18%), Potassium: 218.55mg (6.24%), Vitamin B5: 0.6mg (5.95%), Vitamin B2: 0.07mg (4.06%), Magnesium: 15.13mg (3.78%), Manganese: 0.07mg (3.55%), Vitamin C: 2.29mg (2.77%), Vitamin B1: 0.04mg (2.36%), Iron: 0.4mg (2.23%), Zinc: 0.31mg (2.09%), Copper: 0.04mg (1.94%), Folate: 6.79µg (1.7%), Calcium: 15.8mg (1.58%), Fiber: 0.39g (1.57%), Vitamin E: 0.22mg (1.47%), Vitamin B12: 0.08µg (1.26%), Vitamin A: 62.97IU (1.26%)