

Barbecue Chicken

Course: Main Dish

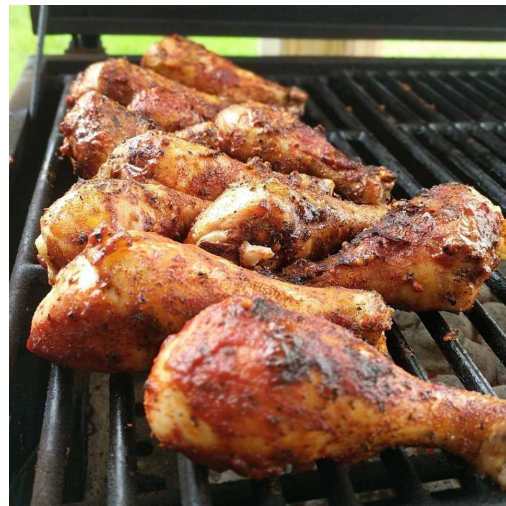
Categories: Chicken

Source: www.livingupwell.com

Serving size: Makes 6 servings of 2 drumsticks

Preparation time: 10 mins

Cooking time: 1 hour



Ingredients

4 lbs drumsticks (12 dumbsticks)
Jill's All Purpose Seasoning
24 oz tomato sauce
1 cup water
1/2 cup apple cider vinegar
2/3 cup molasses
1 tablespoon black pepper
1/2 tablespoon onion powder
1/2 tablespoon mustard powder
1 tablespoon lemon juice
1 tablespoon Worcestershire sauce

Directions

Prep Day:

Barbecue Sauce

1. In small saucepan, combine 24 oz tomato sauce, 1 cup water, 1/2 cup apple cider vinegar, 1 tbsp. black pepper, 1/2 tbsp. onion powder, 1/2 tbsp. mustard powder, 1 tbsp. lemon and 1 tbsp. Worcestershire sauce.
2. Bring to a boil, reduce to a simmer and cook until thickened, about 1 hour. Stir every 10 minutes to prevent sauce from sticking to the bottom.
3. Cool, place in container, label and refrigerate.

Prepare Day:

1. Pile coals together, soak with lighter fluid for 15 minutes, light and let coals burn until they turn white, about 10 minutes. Spread coals out, leaving a hot spot with more coals and a cool spot with less coals.
2. Season drumsticks with Jill's All Purpose Seasoning on all sides.
3. Add drumsticks to the hot side of the grill, cook for 4 minutes, flip and cook for 4 more minutes.
4. Move drumsticks to cooler side of grill, cook for additional 5 minutes.
5. With a silicon brush, coat drumsticks with barbecue sauce on all sides. 6. Let cook for 5 minutes on both sides. Check for doneness (165 F). Remove from heat.

Notes

Keep warm by placing in oven on cookie sheet or dish covered with foil on 175 F

Barbecued Chicken		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	418.5	
	% Daily Value*	
Total Fat	19 g	24 %
Saturated Fat	5.6 g	28 %
Trans Fat	0.3 g	
Cholesterol	254.6 mg	20 %
Sodium	306.5 mg	13 %
Total Carbohydrate	5.9 g	2 %
Dietary Fiber	0.3 g	1 %
Total Sugars	3.9 g	
Added Sugars	- g	- %
Protein	52.4 g	
Vitamin D	0.7 mcg	0 %
Calcium	102.5 mg	8 %
Iron	3.2 mg	18 %
Potassium	652.7 mg	14 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		