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## Blake's Hawaiian BBQ · ·

Blake's Hawaiian BBQ is a delicious and flavorful dish inspired by the traditional Hawaiian cuisine. It features tender and juicy pieces of grilled meat, marinated in a sweet and tangy BBQ sauce. This dish is perfect for summer barbecues and gatherings with friends and family.

**Recipe Type:** Standard

**Prep Time:** 30 mins

**Cook Time:** 60 mins

**Total Time:** 90 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

<b>800 g</b>	Chicken Thighs
<b>200 g</b>	Pineapple
<b>1 c</b>	bbq sauce
<b>3 tbsp</b>	soy sauce
<b>2 tbsp</b>	brown sugar

<b>3</b> <b>cloves</b>	garlic
<b>1 tsp</b>	Ginger
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

## Directions

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### Step 1

#### Mixing

In a bowl, mix together the BBQ sauce, soy sauce, brown sugar, minced garlic, grated ginger, salt, and black pepper to make the marinade.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Marinating

Place the chicken thighs in a large ziplock bag and pour the marinade over them. Seal the bag and massage the marinade into the chicken. Marinate in the refrigerator for at least 2 hours or overnight.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Grilling

Preheat the grill to medium-high heat. Remove the chicken from the marinade and discard the excess marinade.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

#### Grilling

Grill the chicken thighs for 5-6 minutes per side, or until cooked through and slightly charred. During the last few minutes of grilling, add the pineapple slices to the grill and cook until lightly caramelized.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 5

#### Resting

Remove the chicken and pineapple from the grill and let them rest for a few minutes. Slice the chicken into strips and serve with the grilled pineapple.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 25 g

Carbohydrates: 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	350 mg	10.29%	13.46%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Barbecue

Game Day

### Meal Type

Breakfast

Lunch

Snack

Supper

### Kitchen Tools

Slow Cooker

### Course

Appetizers

Main Dishes

Drinks

Salads

Sauces & Dressings

### Cultural

Chinese New Year

Oktoberfest

Easter

### Cost

Under \$10

### Demographics

Teen Friendly

Lactation Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Fruitarian Diet

## Difficulty Level

Medium

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