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## Honey BBQ Chicken ♦♦

Honey BBQ Chicken is a delicious and flavorful dish that combines the sweetness of honey with the smoky flavors of BBQ sauce. It is a popular dish that is often enjoyed during barbecues and picnics. The chicken is marinated in a mixture of honey, BBQ sauce, and spices, then grilled to perfection. The result is tender and juicy chicken with a sticky and caramelized glaze. This recipe is perfect for meat lovers and can be served with a side of coleslaw and cornbread.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

1000 g Chicken Thighs

100 g honey

200 g bbq sauce

|     |                |
|-----|----------------|
| 5 g | Salt           |
| 2 g | Black pepper   |
| 2 g | Garlic powder  |
| 2 g | Onion powder   |
| 5 g | Paprika        |
| 1 g | Cayenne pepper |

## Directions

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### Step 1

In a bowl, combine honey, BBQ sauce, salt, black pepper, garlic powder, onion powder, paprika, and cayenne pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Refrigerating

Place the chicken thighs in a large resealable bag and pour the marinade over them. Seal the bag and massage the chicken to evenly coat it with the marinade. Let it marinate in the refrigerator for at least 1 hour, or overnight for best results.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Preheating

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Grilling

Grill the chicken thighs for about 6-8 minutes per side, or until they reach an internal temperature of 165°F (74°C). Baste the chicken with the remaining marinade during the last few minutes of grilling.

**Prep Time:** 0 mins

**Cook Time:** 16 mins

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### Step 5

#### Resting

Remove the chicken from the grill and let it rest for a few minutes before serving. Serve hot with your favorite sides.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 15 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 | 15 g  | 27.27%                 | 30%                      |
| Fibers        | 1 g   | 2.63%                  | 4%                       |
| Sugars        | 10 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       | 2 g    | 9.09%                  | 11.76%                   |
| Fat                 | 15 g   | 53.57%                 | 60%                      |
| 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   | 2 mg   | 2.22%                  | 2.67%                    |
| Vitamin B6  | 15 mg  | 1153.85%               | 1153.85%                 |
| Vitamin B12 | 20 mcg | 833.33%                | 833.33%                  |
| Vitamin E   | 6 mg   | 40%                    | 40%                      |
| 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      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 300 mg | 8.82%                  | 11.54%                   |
| Zinc      | 10 mg  | 90.91%                 | 125%                     |
| Selenium  | 20 mcg | 36.36%                 | 36.36%                   |

## Recipe Attributes

### Events

Barbecue Picnic

### Kitchen Tools

Microwave

### Course

Salads Snacks

### Cultural

Chinese New Year Cinco de Mayo Diwali Oktoberfest Easter

### Cost

Under \$10

### Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)  
Flexitarian Diet Vegetarian Diet Vegan Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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