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Baked Barbecue Chicken ♦♦

Baked barbecue chicken is a delicious and flavorful dish that is perfect for a casual dinner or a backyard barbecue. The chicken is marinated in a tangy barbecue sauce and then baked to perfection. The result is juicy, tender chicken with a smoky and sweet flavor. Serve it with your favorite sides for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 40 mins

Total Time: 55 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Chicken Thighs
1 c	barbecue sauce
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Garlic powder

1 tsp Paprika

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken thighs with salt, black pepper, garlic powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Place the seasoned chicken thighs on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Brush the chicken thighs with barbecue sauce.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Baking

Bake the chicken thighs in the preheated oven for 30-35 minutes or until cooked through.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Resting

Remove the chicken thighs from the oven and let them rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 40 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 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	15 g	53.57%	60%
Cholesterol	150 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	25 mg	1923.08%	1923.08%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Events

Barbecue

Meal Type

Breakfast

Snack

Lunch

Dinner

Kitchen Tools

Slow Cooker

Course

Appetizers

Breads

Snacks

Cultural

Chinese New Year

Demographics

Pregnancy Safe

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Ornish Diet

OMAD (One Meal a Day) Diet

Difficulty Level

Easy

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