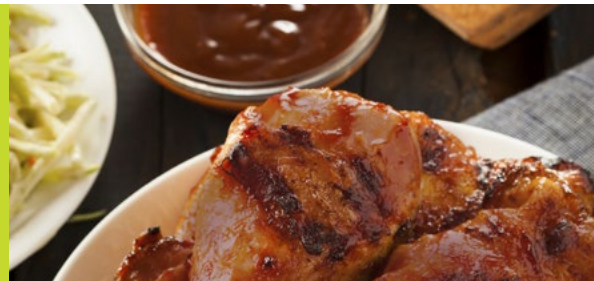


# VitaMin



Vital health information in a minute

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## GRILLED CHICKEN WITH HONEY-CHIPOTLE BBQ SAUCE

**Yield: Serves 4 (serving size: 1 leg quarter)**

**Total time: 43 minutes**

### Ingredients

- › 2 teaspoons olive oil
- › 1/4 cup minced shallots
- › 1/2 cup lower-sodium ketchup
- › 2 tablespoons water
- › 1 1/2 tablespoons honey
- › 2 teaspoons cider vinegar
- › 1/2 teaspoon dry mustard
- › 1/2 teaspoon chipotle chile powder
- › 1/2 teaspoon kosher salt, divided
- › 1/2 teaspoon garlic powder
- › 1/2 teaspoon ground cumin
- › 1/4 teaspoon black pepper
- › 4 bone-in chicken leg-thigh quarters, skinned
- › Cooking spray

### Preparation

1. Preheat grill to medium-high heat.
2. Heat a small saucepan over medium-high heat. Add oil; swirl to coat. Add shallots; sauté 2 minutes or until tender. Stir in ketchup, next 5 ingredients (through chile powder), and 1/4 teaspoon salt. Reduce heat to low, and cook 5 minutes, stirring occasionally.
3. Combine 1/4 teaspoon salt, garlic powder, cumin and black pepper; sprinkle over chicken. Place chicken on grill rack coated with cooking spray; grill 15 minutes on each side or until done. Baste chicken generously with sauce; turn over, and grill 1 minute. Baste again; turn over, and grill 1 minute. Serve with remaining sauce.

### Nutritional information

#### Amount per serving

- › Calories: 256
- › Fat: 9.8 g
- › Saturated fat: 2.3 g
- › Monounsaturated fat: 4.5 g
- › Polyunsaturated fat: 1.7 g
- › Protein: 25.9 g
- › Carbohydrate: 16.3 g
- › Fiber: 0.6 g
- › Cholesterol: 139 mg
- › Iron: 1.5 mg
- › Sodium: 366 mg
- › Calcium: 25 mg

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