

BBQ Baked Chicken Thighs

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-thighs-recipes>

Ingredients:

- 8 bone in chicken thighs – O Organics, pat dry using paper towel
- 2 tablespoons extra virgin olive oil O Organics
- 2 1/2 teaspoons chili powder
- 1 1/2 teaspoons brown sugar packed
- 1 teaspoon garlic powder or 3-5 fresh garlic cloves, finely chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon white pepper
- 1 teaspoon kosher salt
- 1 onion finely chopped
- 2/3 cup tomato ketchup O Organics
- 1/3 cup water
- 3 tablespoons molasses
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- chives for garnish, optional

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 280 milligrams
4. Fat: 47 grams
5. Fiber: 1 grams
6. Protein: 62 grams
7. SaturatedFat: 11 grams
8. Sodium: 1150 milligrams
9. Sugar: 17 grams

Thank you for visiting our website. Hope you enjoy BBQ Baked Chicken Thighs above. You can see more 19 chicken thighs recipes You won't believe the taste! to get more great cooking ideas.