

Barbecue Chicken Legs

Yield: 9 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-roast-chicken-legs-recipe>

Ingredients:

- 18 whole chicken legs
- 1 tablespoon canola oil
- 1/4 whole onion Diced
- 2 cloves garlic Minced
- 1 cup ketchup
- 1/4 cup brown sugar Packed
- 2 tablespoons brown sugar additional
- 4 tablespoons distilled vinegar less To Taste
- 1 tablespoon worcestershire sauce
- 1/3 cup molasses
- 4 tablespoons adobo sauce Chipotle, the Adobo Sauce Chipotle Peppers Are Packed In
- 1 dash salt

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 210 milligrams
4. Fat: 33 grams
5. Protein: 46 grams
6. SaturatedFat: 8 grams
7. Sodium: 1930 milligrams
8. Sugar: 19 grams

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