



A Thing or Two About Grilled Buttermilk Chicken

 Gluten Free

READY IN



275 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 quart buttermilk
- ☐ 2 pound chicken legs (6 legs)
- ☐ 6 clove garlic peeled smashed
- ☐ 2 tablespoon kosher salt plus more for seasoning
- ☐ 0.3 cup light-brown sugar packed ()
- ☐ 2 tablespoon all the tabasco sauce you handle red (or similar high acid hot sauce)

☐ 0.5 ounce thyme sprigs (1 bunch)

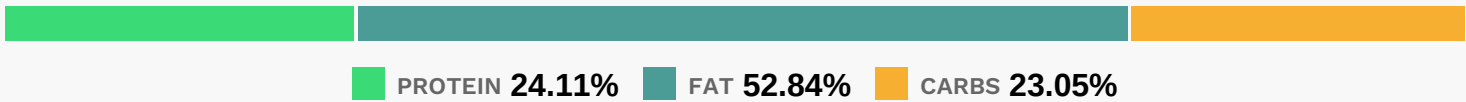
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ colander

Directions

- ☐ In large bowl, combine buttermilk, garlic, brown sugar, thyme, Tabasco, salt and pepper; add chicken, turning to coat. Cover and refrigerate at least 4 hours and up to 24 hours; turning chicken occasionally.
- ☐ Remove chicken from refrigerator 30 minutes before grilling. Use a colander to strain away the marinade; discard the thyme and garlic and season with salt.
- ☐ Place on greased grill over medium-high heat. Close the lid and grill, turning occasionally, until an insta-read thermometer inserted into thickest part reads 165 degrees F; about 30 to 40 minutes. You may need to move the legs to cooler part of the grill to keep the skin from charring too much. Be diligent.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:12.630434689314%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 325.22kcal (16.26%), Fat: 19.05g (29.31%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 18.2g (6.62%), Sugar: 16.68g (18.53%), Cholesterol: 97.5mg (32.5%), Sodium: 2681.37mg

(116.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Selenium: 21.91µg (31.3%), Phosphorus: 276.11mg (27.61%), Vitamin B2: 0.41mg (24.2%), Vitamin B3: 4.31mg (21.55%), Calcium: 215.01mg (21.5%), Vitamin B12: 1.21µg (20.14%), Vitamin B6: 0.39mg (19.39%), Vitamin B5: 1.51mg (15.05%), Vitamin D: 2.14µg (14.24%), Zinc: 1.96mg (13.08%), Potassium: 437.64mg (12.5%), Vitamin C: 8.13mg (9.86%), Vitamin B1: 0.15mg (9.74%), Magnesium: 38.35mg (9.59%), Vitamin A: 460.89IU (9.22%), Manganese: 0.17mg (8.37%), Iron: 1.24mg (6.91%), Copper: 0.12mg (5.99%), Folate: 12.9µg (3.22%), Vitamin K: 3.16µg (3.01%), Vitamin E: 0.31mg (2.07%), Fiber: 0.49g (1.96%)