



## All-American BBQ Rubbed Chicken

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



447 kcal

SEASONING

MARINADE

### Ingredients

- 3 lb chicken breast bone-in
- 1 tablespoon brown sugar packed
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 0.5 teaspoon pepper

1 tablespoon vegetable oil

## Equipment

bowl

grill

## Directions

- Heat gas or charcoal grill. Using hands, gently loosen skin on chicken, forming pocket between meat and skin. In small bowl, mix remaining ingredients.
- Spread half of rub under skin on chicken.
- Spread remaining rub on top, bottom and sides of chicken.
- Carefully brush oil on grill rack.
- Place chicken, skin sides up, on grill over medium heat. Cover grill; cook 25 minutes, turning once, until juice of chicken is clear when thickest part is cut to bone (165°F).

## Nutrition Facts

**PROTEIN 67.45%** **FAT 26.68%** **CARBS 5.87%**

## Properties

Glycemic Index:14.25, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:28.632608714311%

## Nutrients (% of daily need)

Calories: 447.32kcal (22.37%), Fat: 12.85g (19.77%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 4.8g (1.74%), Sugar: 3.28g (3.65%), Cholesterol: 217.72mg (72.57%), Sodium: 1012.62mg (44.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.11g (146.21%), Vitamin B3: 35.93mg (179.66%), Selenium: 109.81µg (156.88%), Vitamin B6: 2.66mg (132.82%), Phosphorus: 735.12mg (73.51%), Vitamin B5: 4.93mg (49.28%), Potassium: 1371.89mg (39.2%), Vitamin A: 1564.72IU (31.29%), Magnesium: 98.24mg (24.56%), Vitamin B2: 0.38mg (22.63%), Vitamin B1: 0.24mg (15.9%), Vitamin E: 2.23mg (14.84%), Zinc: 2.21mg (14.73%), Iron: 2.44mg (13.57%), Vitamin B12: 0.68µg (11.34%), Vitamin K: 10.89µg (10.38%), Manganese: 0.18mg (8.98%), Copper: 0.14mg (7.09%), Fiber: 1.56g (6.23%), Vitamin C: 4.17mg (5.05%), Folate: 15.85µg (3.96%), Calcium: 37.41mg (3.74%), Vitamin D: 0.34µg (2.27%)