



Applewood Smoked Chicken



Gluten Free



Dairy Free



Popular

READY IN



150 min.

SERVINGS



2

CALORIES



883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon garlic salt
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon paprika

- ☐ 2 servings applewood chips as needed for smoking,
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 teaspoon salt
- ☐ 1 meat from a rotisserie chicken whole halved

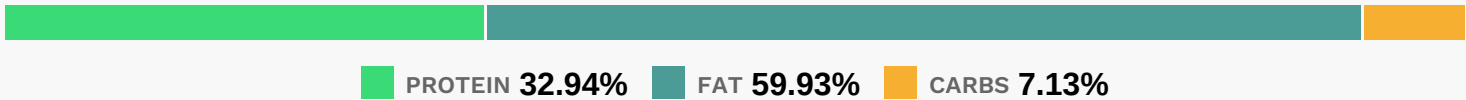
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium size bowl, mix together the dry ingredients. Rub the seasoning over the both halves of the chicken. Cover the chicken with plastic wrap and place in the refrigerator for 1 hour.
- ☐ Place wood chips in the smoking tray of the grill. If you don't have this option you can make a packet out of aluminum foil and punch a few holes in the top of it with a fork and place directly on the hot coals.
- ☐ Place the chicken on a hot grill over medium-heat with the meat side down. Grill over the wood chips for 1 hour and 20 minutes. Cover, this will keep in the smoke and to prevent oxygen from igniting the smoking wood. After 30 minutes turn the chicken to its opposite side. The juices near the bone should run clear.

Nutrition Facts



Properties

Glycemic Index:76.67, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:27.544347804526%

Nutrients (% of daily need)

Calories: 883.02kcal (44.15%), Fat: 57.91g (89.09%), Saturated Fat: 16.55g (103.42%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 13.98g (5.09%), Sugar: 11.91g (13.23%), Cholesterol: 285.66mg (95.22%), Sodium: 2618.87mg (113.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.61g (143.22%), Vitamin B3: 26.24mg (131.18%), Selenium: 55.73µg (79.62%), Vitamin B6: 1.42mg (71.13%), Phosphorus: 577.05mg (57.7%), Vitamin B5: 3.55mg (35.51%), Zinc: 5.18mg (34.54%), Vitamin A: 1449.77IU (29%), Vitamin B2: 0.49mg (28.76%), Iron: 4.62mg (25.69%), Potassium: 827.46mg (23.64%), Magnesium: 85.91mg (21.48%), Vitamin B12: 1.18µg (19.68%), Vitamin B1: 0.25mg (16.38%), Vitamin K: 16.81µg (16.01%), Manganese: 0.31mg (15.65%), Vitamin E: 2.02mg (13.47%), Copper: 0.24mg (11.76%), Vitamin C: 6.52mg (7.9%), Calcium: 77.67mg (7.77%), Folate: 26.97µg (6.74%), Fiber: 1.5g (6.01%), Vitamin D: 0.76µg (5.08%)