



Barbecue Chicken

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

READY IN



590 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 2 tablespoons neely's barbecue seasoning
- 1 cup canola oil
- 2 chickens whole bone-in halved lengthwise (or 4 chicken breasts)
- 0.5 teaspoon basil dried
- 2 garlic cloves smashed
- 0.5 tablespoon ground mustard
- 2 tablespoons ground mustard

- 0.5 tablespoon ground pepper fresh black
- 2 cups catsup
- 1 tablespoon juice of lemon
- 5 tablespoons brown sugar light
- 0.5 tablespoon onion powder
- 3.8 tablespoons onion powder
- 0.5 teaspoon oregano dried
- 1.5 cups paprika
- 1 tablespoon pepper flakes red crushed
- 0.3 cup red wine vinegar
- 8 servings salt and pepper
- 0.8 cup sugar
- 1 tablespoon sugar
- 5 tablespoons sugar
- 1 cup water
- 1 tablespoon worcestershire sauce

Equipment

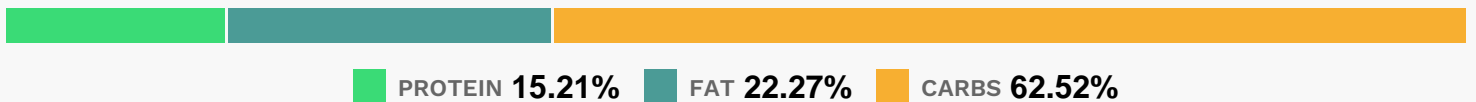
- bowl
- paper towels
- sauce pan
- oven
- whisk
- baking pan
- grill

Directions

- Watch how to make this recipe.
- Rinse chicken halves in cold water and pat dry with paper towels.

- Place chicken in a large bowl or baking dish, coat with Italian dressing and evenly season with Neely's Barbecue Seasoning. For best results, allow the chicken to marinate in the refrigerator overnight.
- If cooking inside: Take the chicken out of the refrigerator and brush chicken with Neely's Barbecue Sauce.
- Place into a preheated 350 degree F oven for 45 minutes.
- If grilling outside: Thirty minutes before you're ready to cook, take the chicken out of the refrigerator and allow it to come to room temperature. Preheat the grill to a medium temperature, about 275 degrees F preferably over hickory and charcoal.
- Place the chicken halves on grill, meat side down. Cover grill and cook for about 50 minutes. Flip chicken over and let it brown until the chicken becomes golden, about 15 to 20 minutes. The wing and the drumstick should become very tender and will easily pull away at the joints.
- Brush the chicken with Neely's Barbecue Sauce during the last 5 minutes of cooking.
- Mix all the ingredients together in a bowl, except the oil and salt and pepper. Slowly whisk in the oil and season with salt and pepper, to taste.
- Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.
- In a large saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to a simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:41.53, Glycemic Load:20.13, Inflammation Score:-10, Nutrition Score:28.161739152411%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 414.53kcal (20.73%), Fat: 11.1g (17.08%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 70.16g (23.39%), Net Carbohydrates: 61.12g (22.22%), Sugar: 50.76g (56.4%), Cholesterol: 36.16mg (12.05%), Sodium: 871.02mg (37.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.12%), Vitamin A: 10699.66IU (213.99%), Vitamin E: 8.45mg (56.31%), Vitamin B6: 1.07mg (53.66%), Vitamin K: 55.76µg (53.11%), Vitamin B3: 9.17mg (45.86%), Manganese: 0.88mg (44.17%), Iron: 6.93mg (38.52%), Selenium: 25.75µg (36.78%), Fiber: 9.04g (36.15%), Potassium: 992.41mg (28.35%), Vitamin B2: 0.44mg (25.97%), Phosphorus: 243.06mg (24.31%), Magnesium: 84.72mg (21.18%), Copper: 0.31mg (15.71%), Vitamin B5: 1.42mg (14.19%), Calcium: 136.37mg (13.64%), Zinc: 1.79mg (11.95%), Vitamin B1: 0.16mg (10.7%), Folate: 30.08µg (7.52%), Vitamin C: 6.09mg (7.38%), Vitamin B12: 0.11µg (1.88%)