



Barbecued Chicken

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice bacon
- 8 servings barbecue sauce
- 1 teaspoon pepper black freshly ground
- 8 servings pepper black freshly ground
- 8 servings brine-packed olives
- 0.3 cup firmly brown sugar light packed
- 8 chicken quarters
- 1 tablespoon mustard dry

- 4 sprigs thyme leaves fresh
- 10 sprigs thyme leaves fresh
- 2 garlic cloves chopped
- 2 garlic cloves smashed
- 1 teaspoon ground cumin
- 2 cups catsup
- 2 tbsp kosher salt
- 8 servings kosher salt
- 0.3 cup brown sugar light
- 0.3 cup blackstrap molasses
- 2 tablespoons olive oil extra-virgin
- 8 servings olive oil extra-virgin
- 0.5 onion chopped
- 1 teaspoon paprika
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- grill
- kitchen thermometer
- ziploc bags
- kitchen twine

Directions

- Mix brine ingredients with 2 qts. water in a 2-gal. resealable plastic bag.
- Add chicken, seal, and chill for 15 minutes to 2 hours.

- Make sauce: Wrap bacon around thyme; tie with kitchen twine.
- Heat oil in a saucepan over medium heat.
- Add thyme bundle and cook 3 to 4 minutes.
- Add onion and garlic. Cook over medium-low heat, stirring until softened, about 5 minutes. Stir in remaining ingredients and cook over low heat, covered, 20 minutes.
- Remove thyme; spoon 1/2 of sauce into a bowl.
- Prepare a gas barbecue for two-level heat (500 to 550 in one area and about 300 in another). Wipe cooking grate with oiled paper towels. Pat chicken dry with more paper towels, sprinkle with salt and pepper, and drizzle with some oil.
- Grill chicken skin side down on high-heat area 5 to 7 minutes. Move pieces to cooler area, turning over, and cook 20 minutes, covered. Spoon sauce from pan onto skin side and cook chicken until an instant-read thermometer measures 160 at thickest part (or cut to test), 15 to 20 minutes.
- Let rest 5 minutes.
- Serve with sauce in bowl.
- TYLER'S FIXES
- Add moisture. Brine your chicken using a solution of salt, sugar, and seasonings. The meat will plump up and absorb the seasonings, so the flavor isn't just on the skin. (This also works really well for pork and short ribs.)
- Set up two heat zones. Create a hot zone and a medium to low zone. One mistake people make is grilling thicker cuts, like bone-in chicken and pork chops, over direct high heat. They'll burn on the outside and stay raw inside.
- Start the chicken skin side down. To get crispy, golden skin, put it skin side down over the hot zone and let it turn a nice, golden brown. Then flip it over onto the medium zone to finish cooking.
- Make your own barbecue sauce. It's easy and you'll look like a rock star.

Nutrition Facts

■ PROTEIN 15.38% ■ FAT 59.53% ■ CARBS 25.09%

Properties

Glycemic Index:38.13, Glycemic Load:3.88, Inflammation Score:-9, Nutrition Score:16.643478403921%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 642.16kcal (32.11%), Fat: 43.13g (66.35%), Saturated Fat: 9.31g (58.16%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 40g (14.55%), Sugar: 34.72g (38.57%), Cholesterol: 143.43mg (47.81%), Sodium: 2660.79mg (115.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.15%), Selenium: 32.17µg (45.95%), Vitamin B3: 7.93mg (39.65%), Vitamin B6: 0.72mg (35.93%), Phosphorus: 268.16mg (26.82%), Vitamin E: 3.85mg (25.67%), Manganese: 0.4mg (20.16%), Potassium: 694.66mg (19.85%), Vitamin B2: 0.31mg (18.35%), Magnesium: 71.7mg (17.92%), Vitamin B5: 1.66mg (16.59%), Vitamin B12: 0.94µg (15.64%), Vitamin K: 16.27µg (15.5%), Iron: 2.6mg (14.45%), Zinc: 2.12mg (14.16%), Vitamin A: 635.68IU (12.71%), Copper: 0.22mg (10.87%), Vitamin B1: 0.14mg (9.5%), Vitamin C: 6.35mg (7.69%), Calcium: 73.79mg (7.38%), Fiber: 0.89g (3.56%), Folate: 13.66µg (3.41%), Vitamin D: 0.16µg (1.04%)