



Barbecued Lavender Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup barbecue sauce prepared
- ☐ 4.8 pounds chicken pieces
- ☐ 2 cloves garlic minced pressed
- ☐ 0.3 cup lavender blossoms dried fresh rinsed
- ☐ 0.3 cup olive oil
- ☐ 10 servings cucumber salsa
- ☐ 10 servings salt

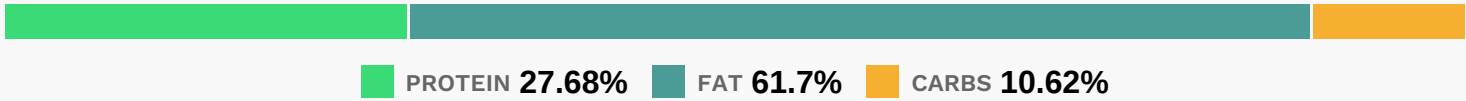
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Rinse chicken pieces, drain, and put in a large bowl with oil, 1/4 cup lavender blossoms, garlic, and barbecue sauce.
- ☐ Mix well and let stand at least 15 minutes, or cover and chill up to 4 hours.
- ☐ On a charcoal barbecue: Prepare a solid bed of coals and let burn until medium-hot (you can hold your hand at grill level only 4 to 5 seconds). Dot the surface of coals evenly with 10 charcoal briquets and set grill in place.
- ☐ On a gas barbecue: Adjust heat to medium (you can hold your hand at grill level only 4 to 5 seconds).
- ☐ Lay chicken on grill and cover with lid; open vents for charcoal. Cook chicken, turning to brown evenly, until no longer pink at bone in thickest part (cut to test), 25 to 35 minutes. If drippings flare up, move pieces to edge of grill.
- ☐ Transfer to a platter as cooked.
- ☐ Sprinkle chicken lightly with more lavender blossoms.
- ☐ Add salt to taste.
- ☐ Serve with cucumber salsa.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:11.920000065928%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 408.4kcal (20.42%), Fat: 27.7g (42.62%), Saturated Fat: 7.08g (44.22%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 9.98g (3.63%), Sugar: 7.56g (8.39%), Cholesterol: 109.88mg (36.63%), Sodium: 702.86mg

(30.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.92%), Vitamin B3: 10.44mg (52.2%), Selenium: 21.72µg (31.03%), Vitamin B6: 0.59mg (29.54%), Phosphorus: 230.34mg (23.03%), Vitamin B5: 1.43mg (14.33%), Zinc: 2.02mg (13.49%), Vitamin E: 1.76mg (11.74%), Vitamin B2: 0.2mg (11.61%), Potassium: 406.2mg (11.61%), Iron: 1.73mg (9.59%), Magnesium: 36.74mg (9.18%), Vitamin A: 417.98IU (8.36%), Vitamin B12: 0.45µg (7.57%), Vitamin B1: 0.1mg (6.98%), Vitamin K: 7.15µg (6.81%), Copper: 0.11mg (5.34%), Manganese: 0.1mg (4.93%), Vitamin C: 3.91mg (4.74%), Calcium: 44.73mg (4.47%), Fiber: 0.76g (3.04%), Folate: 10.47µg (2.62%), Vitamin D: 0.29µg (1.95%)