



Barbeque Chicken

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

READY IN



100 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons garlic powder
- 1 cup juice of lemon
- 1 tablespoon oregano dried
- 6 servings salt and pepper to taste
- 0.3 cup vegetable oil
- 0.3 cup vinegar
- 1 meat from a rotisserie chicken whole cut into pieces

Equipment

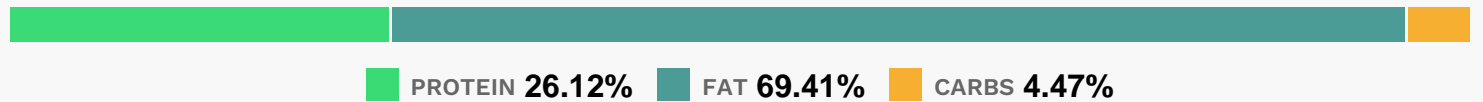
bowl

grill

Directions

- In a large glass bowl mix lemon juice, vegetable oil, vinegar, oregano, and garlic powder.
- Place chicken pieces in the bowl, and season with salt and pepper. Cover, and marinate in the refrigerator at least 1 hour.
- Preheat an outdoor grill for high heat, and lightly oil grate.
- On the prepared grill, cook chicken until no longer pink and juices run clear. Periodically brush chicken with the remaining marinade mixture while cooking. Discard any leftover marinade.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:11.409130386684%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 369.64kcal (18.48%), Fat: 28.34g (43.61%), Saturated Fat: 6.89g (43.06%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.09g (1.21%), Cholesterol: 95.22mg (31.74%), Sodium: 284.09mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (47.99%), Vitamin B3: 8.72mg (43.59%), Selenium: 18.65µg (26.65%), Vitamin B6: 0.49mg (24.42%), Vitamin K: 23.79µg (22.66%), Vitamin C: 17.8mg (21.58%), Phosphorus: 195.68mg (19.57%), Vitamin B5: 1.22mg (12.24%), Zinc: 1.74mg (11.58%), Vitamin B2: 0.16mg (9.66%), Vitamin E: 1.34mg (8.96%), Potassium: 304.52mg (8.7%), Iron: 1.54mg (8.58%), Magnesium: 30.96mg (7.74%), Vitamin B12: 0.39µg (6.56%), Vitamin B1: 0.09mg (6.12%), Folate: 18.2µg (4.55%), Manganese: 0.09mg (4.34%), Copper: 0.08mg (3.94%), Vitamin A: 194.36IU (3.89%), Calcium: 31.26mg (3.13%), Fiber: 0.57g (2.26%), Vitamin D: 0.25µg (1.69%)