



BBQ Glazed Roast Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bbq sauce store-bought
- 1 teaspoon cajun spice
- 2 chickens whole
- 1 teaspoon cumin
- 2 cups catsup
- 0.5 cup brown sugar light
- 0.5 cup rice wine vinegar
- 2 tablespoons salt

- 2 tablespoons mustard stone ground
- 0.3 cup vegetable oil
- 1 tablespoon pepper white
- 0.3 cup worcestershire sauce

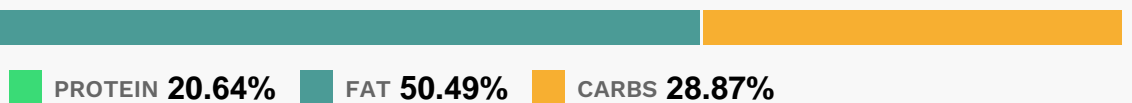
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk

Directions

- For the sauce: In a bowl whisk together the ketchup, BBQ sauce, sugar, vinegar, Worcestershire sauce, mustard and BBQ rub seasoning. Then pour the sauce in a thick-bottomed saucepan over low heat. Cook to blend the flavors, 10 to 15 minutes. Once warmed, remove from the heat and hold in a warm spot.
- For the chicken: Preheat the oven to 300 degrees F.
- Drizzle both sides of each chicken with the oil. Next, mix the salt, pepper and cumin in a bowl, and then sprinkle over both sides of each chicken.
- Place the chicken, breast-side up, on a flat cookie sheet and cook until the internal temperature reaches 165 degrees F, 30 to 35 minutes.
- When fully cooked, remove the chickens and lightly glaze the skin with the BBQ sauce. Return the chickens to the oven, allowing the BBQ sauce to glaze the birds, 10 to 12 minutes.
- Serve with a choice of sides.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.03, Inflammation Score:-9, Nutrition Score:20.352608742921%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 657.17kcal (32.86%), Fat: 36.84g (56.68%), Saturated Fat: 9.51g (59.41%), Carbohydrates: 47.39g (15.8%), Net Carbohydrates: 46.38g (16.87%), Sugar: 38.94g (43.26%), Cholesterol: 164.17mg (54.72%), Sodium: 2946.02mg (128.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.78%), Vitamin B3: 13.48mg (67.38%), Vitamin A: 2132.89IU (42.66%), Vitamin B6: 0.75mg (37.4%), Selenium: 24.65µg (35.22%), Phosphorus: 351.69mg (35.17%), Vitamin B12: 1.89µg (31.5%), Vitamin B2: 0.46mg (27.33%), Iron: 4.03mg (22.4%), Potassium: 729.84mg (20.85%), Vitamin B5: 2.07mg (20.68%), Zinc: 2.69mg (17.93%), Vitamin K: 15.33µg (14.6%), Folate: 57.07µg (14.27%), Magnesium: 55.22mg (13.81%), Manganese: 0.24mg (12.18%), Vitamin E: 1.82mg (12.14%), Copper: 0.23mg (11.6%), Vitamin C: 8.59mg (10.42%), Vitamin B1: 0.14mg (9.54%), Calcium: 70.11mg (7.01%), Fiber: 1.01g (4.02%)