



Big Bob Gibson's Chicken with White Barbecue Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 meat from a rotisserie chicken cut into 8 pieces
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup hickory wood chips

- ☐ 15 servings salt and pepper black freshly ground
- ☐ 15 servings vegetable oil for brushing
- ☐ 0.5 cup distilled vinegar white

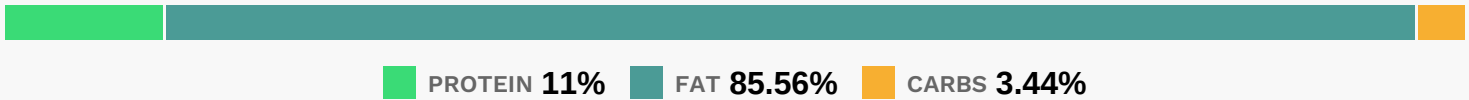
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Light a gas grill. Wrap the hickory wood chips in heavy-duty foil and pierce the packet all over with a skewer.
- ☐ Add the foil packet to the grill. Cover and let the wood chips begin to smoke, about 5 minutes.
- ☐ Brush the chicken with oil and season generously with salt and pepper. Grill the chicken, covered, over moderately high heat, turning and shifting the pieces occasionally, until lightly charred and cooked through, 35 to 40 minutes.
- ☐ Transfer to a platter.
- ☐ In a medium bowl, whisk the mayonnaise with the vinegar, apple juice, horseradish, lemon juice and cayenne and season with 1 teaspoon of black pepper and 1/2 teaspoon of salt.
- ☐ Transfer the barbecue sauce to a pitcher and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:20.27, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:6.5726087818975%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 359.02kcal (17.95%), Fat: 34.01g (52.33%), Saturated Fat: 6.43g (40.21%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.53g (0.58%), Cholesterol: 44.36mg (14.79%), Sodium: 170.79mg (7.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.67%), Vitamin K: 51.04µg (48.61%), Vitamin B3: 3.64mg (18.2%), Vitamin E: 1.8mg (12%), Selenium: 7.76µg (11.09%), Vitamin B6: 0.2mg (9.77%), Phosphorus: 84.88mg (8.49%), Vitamin B5: 0.53mg (5.35%), Zinc: 0.72mg (4.8%), Potassium: 140.39mg (4.01%), Vitamin B2: 0.07mg (3.97%), Iron: 0.62mg (3.43%), Magnesium: 12.35mg (3.09%), Vitamin B12: 0.18µg (2.92%), Vitamin B1: 0.04mg (2.6%), Manganese: 0.05mg (2.51%), Vitamin C: 1.58mg (1.92%), Vitamin A: 95.29IU (1.91%), Fiber: 0.41g (1.64%), Copper: 0.03mg (1.62%), Folate: 5.84µg (1.46%)