



Big "D" Smoked Chicken

 Dairy Free

READY IN



630 min.

SERVINGS



8

CALORIES



1170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups paul's barbecue sauce
- 10 pound chickens whole
- 72 ounce beer dark
- 0.5 cup juice of lemon
- 0.5 cup olive oil
- 1 cup paul's chicken rub
- 8 servings hickory wood chunks

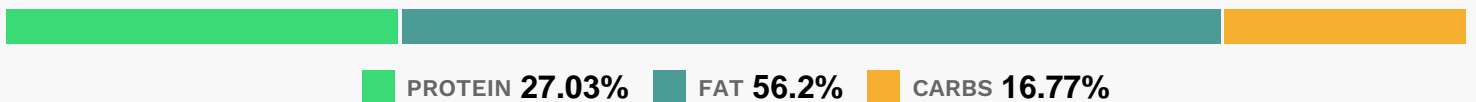
Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- kitchen thermometer

Directions

- Rinse chickens, and pat dry.
- Place lemon juice in a small bowl; add oil in a slow, steady stream, whisking constantly. Coat outside skin and inside cavities of chickens evenly with lemon juice mixture; sprinkle evenly with Paul's Chicken Rub, and rub into chickens. Wrap each chicken tightly with plastic wrap, and chill at least 6 hours.
- Soak wood chunks in water for at least 30 minutes.
- Prepare smoker according to manufacturer's directions, substituting beer for water in water pan. Bring internal temperature to 225 to 250, and maintain temperature for 15 to 20 minutes.
- Drain hickory wood chunks, and place on coals.
- Place chickens, breast sides up, on upper cooking grate, and cover with smoker lid.
- Smoke chickens, maintaining the temperature inside smoker between 225 and 250, for 2 hours.
- Remove lid, baste with half of Paul's Barbecue Sauce, and, if necessary, add more beer to water pan. Cover with smoker lid; smoke 1 to 1 1/2 more hours or until a meat thermometer inserted into thighs registers 18
- Serve with remaining half of Paul's Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:41.712608378866%

Flavonoids

Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Galliccatechin: 0.2mg, Galliccatechin: 0.2mg, Galliccatechin: 0.2mg, Galliccatechin: 0.2mg

Nutrients (% of daily need)

Calories: 1169.73kcal (58.49%), Fat: 67.87g (104.42%), Saturated Fat: 18.95g (118.45%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 43.9g (15.96%), Sugar: 24.39g (27.1%), Cholesterol: 355.96mg (118.65%), Sodium: 1034.82mg (44.99%), Alcohol: 9.95g (100%), Alcohol %: 1.62% (100%), Protein: 73.46g (146.92%), Vitamin B3: 28.62mg (143.1%), Vitamin B6: 1.62mg (80.9%), Vitamin A: 3880.58IU (77.61%), Phosphorus: 750.24mg (75.02%), Selenium: 51.12µg (73.03%), Vitamin K: 73.38µg (69.89%), Vitamin B12: 4.15µg (69.14%), Iron: 9.3mg (51.67%), Vitamin B2: 0.83mg (48.98%), Vitamin B5: 4.46mg (44.6%), Manganese: 0.83mg (41.3%), Zinc: 5.73mg (38.22%), Folate: 139.48µg (34.87%), Potassium: 1121.6mg (32.05%), Magnesium: 124.17mg (31.04%), Vitamin C: 17.34mg (21.02%), Vitamin B1: 0.3mg (20.01%), Copper: 0.39mg (19.54%), Calcium: 164.58mg (16.46%), Vitamin E: 1.1mg (7.33%), Fiber: 1.68g (6.71%)