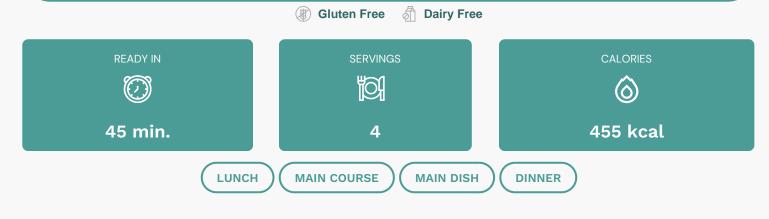


## **Blackened Cajun Chicken**



## **Ingredients**

1 teaspoon bay leaves crushed
O.8 teaspoon pepper black
1 tablespoon brown sugar
1 tablespoon brown sugar
1 teaspoon ground pepper
1 teaspoon rosemary dried crushed
0.5 teaspoon thyme dried
1 tablespoon ground mustard dry

1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon onion powder
1 tablespoon paprika
2.5 teaspoons salt
3.5 lbs chicken
Equipment
baking pan
grill
Directions
Combine all seasonings. Seasoning mix is enough for 2 chickens. It may be made ahead and stored in an airtight container until needed.
Place chicken in a 13- by 9- by 2-inch baking pan. Rub with half the seasoning mixture. Cover and refrigerate overnight.Grill, covered, over medium coals, turning once, for 30 to 45 minutes or until juices run clear.This recipe yields 4 servings.
Nutrition Facts
PROTEIN 32.42%  FAT 59.48%  CARBS 8.1%
Properties Glycemic Index:39.75, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:16.388695652174%
Taste
Sweetness: 14.9%, Saltiness: 100%, Sourness: 12.98%, Bitterness: 16.06%, Savoriness: 67.98%, Fattiness: 54.89%,

Sweetness: 14.9%, Saltiness: 100%, Sourness: 12.98%, Bitterness: 16.06%, Savoriness: 67.98%, Fattiness: 54.89%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 455.32kcal (22.77%), Fat: 29.79g (45.82%), Saturated Fat: 8.32g (52.01%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.81g (2.84%), Sugar: 6.24g (6.93%), Cholesterol: 142.88mg (47.63%), Sodium: 1591.85mg (69.21%), Protein: 36.52g (73.05%), Vitamin B3: 13.31mg (66.54%), Selenium: 31.61µg (45.15%), Vitamin B6: 0.75mg (37.34%), Phosphorus: 309.84mg (30.98%), Vitamin A: 1352.73IU (27.05%), Zinc: 2.78mg (18.51%), Vitamin B5:

1.81mg (18.14%), Iron: 2.94mg (16.35%), Vitamin B2: 0.26mg (15.52%), Magnesium: 53mg (13.25%), Potassium: 460.41mg (13.15%), Manganese: 0.22mg (10.76%), Vitamin B12: 0.59μg (9.84%), Vitamin B1: 0.15mg (9.71%), Vitamin E: 1.35mg (9.03%), Vitamin K: 7.57μg (7.21%), Copper: 0.14mg (6.93%), Fiber: 1.31g (5.26%), Calcium: 47.96mg (4.8%), Vitamin C: 3.82mg (4.64%), Folate: 16.96μg (4.24%), Vitamin D: 0.38μg (2.54%)