



 9%
HEALTH SCORE

Blackened Cajun Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bay leaves crushed
- 0.8 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%, 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%)