



Brother David's Grilled Chicken & Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken pieces (thighs, drumsticks, breasts)
- ☐ 0.3 cup garlic powder
- ☐ 0.3 cup olive oil
- ☐ 3 pounds pork ribs
- ☐ 10 servings salt and pepper to taste

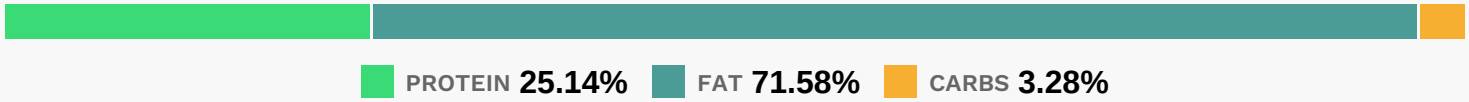
Equipment

- ☐ grill

Directions

- ☐ Lightly brush your grill with olive oil and preheat it to approximately 350°F.
- ☐ In the meantime, rinse the meat, pat it dry, and season with salt, pepper, and garlic powder. Arrange the chicken and ribs on the grill. Resist turning the meat for at least 5 minutes. This will help it sear nicely. After 5 minutes or so, turn the meat over, sear the other side for 5 more minutes. Turn again, and this time, brush the meat with the barbecue sauce. Then turn again every 5 minutes, repeating the process of brushing the meat with sauce until the chicken and ribs are cooked through and the barbecue sauce begins to caramelize and form a crust on the meat (35 to 40 minutes).
- ☐ Serve with more barbecue sauce on the side.
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Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:16.017391365507%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 530.11kcal (26.51%), Fat: 41.67g (64.1%), Saturated Fat: 11.92g (74.5%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.77g (1.37%), Sugar: 0.14g (0.16%), Cholesterol: 145.6mg (48.53%), Sodium: 339.38mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.85%), Vitamin B3: 10.78mg (53.9%), Selenium: 35.69µg (50.99%), Vitamin B6: 0.97mg (48.42%), Phosphorus: 294.82mg (29.48%), Vitamin B1: 0.39mg (25.67%), Zinc: 3.77mg (25.14%), Vitamin B2: 0.36mg (21.09%), Vitamin D: 2.38µg (15.84%), Vitamin B5: 1.48mg (14.81%), Potassium: 476.06mg (13.6%), Iron: 2.07mg (11.48%), Vitamin B12: 0.65µg (10.81%), Vitamin E: 1.45mg (9.65%), Magnesium: 38.31mg (9.58%), Copper: 0.15mg (7.61%), Vitamin K: 4.66µg (4.44%), Manganese: 0.09mg (4.28%), Calcium: 29.31mg (2.93%), Vitamin A: 129.55IU (2.59%), Fiber: 0.53g (2.13%), Folate: 8.33µg (2.08%), Vitamin C: 1.55mg (1.88%)