



Buttermilk-Brined Grilled Chicken

 Gluten Free

READY IN



1505 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 cups buttermilk
- ☐ 3.5 lb cut-up chicken whole
- ☐ 3 garlic cloves halved
- ☐ 0.3 cup hot sauce
- ☐ 3 tablespoons kosher salt
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 tablespoon freshly cracked pepper

- ☐ 1 small onion sweet thinly sliced
- ☐ 2 cups water cold

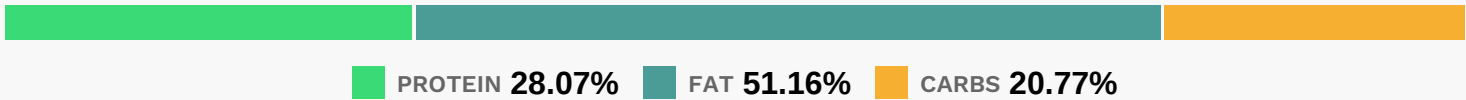
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Whisk together first 6 ingredients in a large bowl until sugar is dissolved; stir in onion and next 2 ingredients.
- ☐ Place buttermilk mixture and chicken in a large zip-top plastic freezer bag; seal and chill 24 hours.
- ☐ Remove chicken from marinade, discarding marinade; pat chicken dry with paper towels.
- ☐ Light 1 side of grill, heating to 300 to 350 (medium) heat.
- ☐ Place chicken, skin side up, over unlit side, and grill, covered with grill lid, 40 to 50 minutes or until a meat thermometer inserted in thickest portion registers 16
- ☐ Transfer chicken, skin side down, to lit side of grill, and grill 2 to 3 minutes or until skin is crispy.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:14.574348003968%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 386.21kcal (19.31%), Fat: 21.95g (33.77%), Saturated Fat: 7.02g (43.88%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 18.74g (6.81%), Sugar: 16.16g (17.96%), Cholesterol: 104.05mg (34.68%), Sodium: 3937.16mg (171.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.18%), Vitamin B3: 8.86mg (44.29%), Selenium: 21.98µg (31.4%), Vitamin B6: 0.6mg (30.02%), Phosphorus: 277.82mg (27.78%), Vitamin C: 22.17mg (26.87%), Vitamin B2: 0.32mg (18.61%), Vitamin B5: 1.59mg (15.94%), Calcium: 141.76mg (14.18%), Zinc: 2.11mg (14.07%), Potassium: 485.15mg (13.86%), Vitamin B12: 0.76µg (12.7%), Manganese: 0.25mg (12.35%), Magnesium: 44.09mg (11.02%), Vitamin B1: 0.15mg (10.09%), Iron: 1.68mg (9.35%), Vitamin D: 1.29µg (8.63%), Copper: 0.16mg (7.94%), Folate: 27.2µg (6.8%), Vitamin A: 336.12IU (6.72%), Fiber: 1.32g (5.26%), Vitamin K: 4.21µg (4.01%), Vitamin E: 0.5mg (3.32%)