



Caribbean BBQ Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup brown sugar & hickory barbecue sauce
- ☐ 3 lbs meat from a rotisserie chicken (broiler or fryer)
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon onion powder

☐ 0.5 teaspoon thyme leaves dried

Equipment

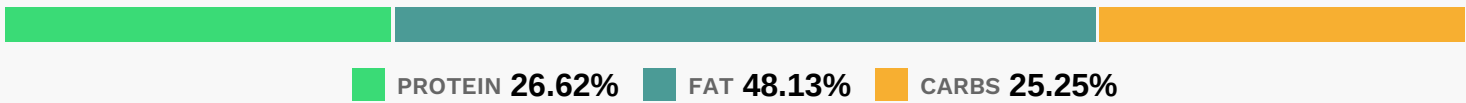
☐ bowl

☐ grill

Directions

- ☐ Preheat grill to medium heat.2 Trim and discard excess fat from chicken.3
- ☐ Mix seasonings in small bowl until well blended; stir in lime juice to form paste. 4 Rub evenly onto the chicken.5
- ☐ Place chicken, skin side up, on grill; cover grill with lid. 6 Grill 15 min.; turn over. 7
- ☐ Brush with 1/4 cup of the barbecue sauce. 8 Grill an additional 10 min.; turn over. 9
- ☐ Brush with remaining 1/4 cup barbecue sauce. 10 Continue grilling 5 minute or until chicken is cooked through (internal temperature of 170°F or until juices run clear).

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:9.7269564607869%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 371.15kcal (18.56%), Fat: 19.73g (30.36%), Saturated Fat: 5.64g (35.28%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.91g (8.33%), Sugar: 21.51g (23.9%), Cholesterol: 97.98mg (32.66%), Sodium: 98.51mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.11%), Vitamin B3: 8.95mg (44.75%), Selenium: 19.32µg (27.59%), Vitamin B6: 0.49mg (24.39%), Phosphorus: 198.77mg (19.88%), Vitamin B5: 1.24mg (12.37%), Zinc: 1.77mg (11.81%), Vitamin B2: 0.16mg (9.53%), Potassium: 303.04mg (8.66%), Iron: 1.47mg (8.19%), Magnesium: 30.59mg (7.65%), Vitamin B12: 0.41µg (6.75%), Manganese: 0.12mg (5.95%), Vitamin B1: 0.09mg (5.69%), Vitamin A: 280.29IU (5.61%), Vitamin C: 4.47mg (5.42%), Copper: 0.09mg (4.27%), Calcium: 39.48mg

(3.95%), Vitamin E: 0.48mg (3.18%), Vitamin K: 2.56µg (2.44%), Folate: 9.54µg (2.39%), Vitamin D: 0.26µg (1.74%),
Fiber: 0.38g (1.51%)