



Cassie's Wishy Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cloves garlic minced
- 1.5 teaspoons ground pepper black
- 1 juice of lemon juiced
- 1 teaspoon paprika
- 5 tablespoons salt
- 0.3 cup thousand island dressing
- 2 cups water
- 4 pound meat from a rotisserie chicken whole

Equipment

- bowl
- grill

Directions

- Place the sectioned chicken parts in a shallow, nonporous dish so that the pieces fit snugly.
- In a separate, nonporous small bowl, combine the lemon juice, salt, paprika, ground black pepper, garlic and thousand island dressing.
- Mix well, pour over the chicken and add water to cover.
- Cover and refrigerate, allowing the chicken to marinate for 8 hours.
- Prepare an outdoor grill for indirect heat and lightly oil grate.
- Grill chicken over indirect heat for about 50 minutes, or until temperature reaches 180 degrees F (80 degrees C). Discard any excess marinade.

Nutrition Facts

 **PROTEIN 31.06%**  **FAT 65.32%**  **CARBS 3.62%**

Properties

Glycemic Index:12.83, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:11.794347830441%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 358.57kcal (17.93%), Fat: 25.6g (39.38%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.77g (1.97%), Cholesterol: 111.57mg (37.19%), Sodium: 6020.26mg (261.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.77%), Vitamin B3: 9.98mg (49.88%), Selenium: 21.48µg (30.68%), Vitamin B6: 0.55mg (27.5%), Phosphorus: 222.24mg (22.22%), Vitamin B1: 0.24mg (16.33%), Vitamin B5: 1.36mg (13.58%), Zinc: 2mg (13.36%), Vitamin B2: 0.19mg (11.1%), Vitamin K: 10.5µg (10%), Iron: 1.64mg

(9.13%), Potassium: 316.1mg (9.03%), Magnesium: 33.18mg (8.29%), Manganese: 0.16mg (7.91%), Vitamin A: 392.63IU (7.85%), Vitamin B12: 0.45µg (7.5%), Vitamin E: 0.96mg (6.43%), Vitamin C: 5.04mg (6.11%), Copper: 0.1mg (5.2%), Calcium: 31.51mg (3.15%), Folate: 10.03µg (2.51%), Vitamin D: 0.29µg (1.94%), Fiber: 0.39g (1.57%)