



Chicken with White Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound chickens whole
- ☐ 1 tablespoon juice of lemon
- ☐ 2 lemons cut in half
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon pepper
- ☐ 8 servings hickory wood chips
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vinegar white

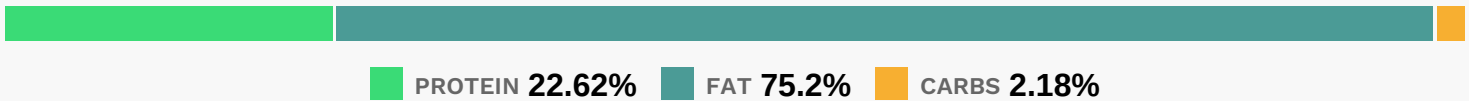
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Stir together first 5 ingredients; cover and chill 8 hours.
- ☐ Soak wood chips in water at least 30 minutes.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Rinse chickens, and pat dry.
- ☐ Sprinkle each chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place 2 lemon halves into the cavity of each chicken.
- ☐ Drain chips, and place on coals.
- ☐ Place water pan in smoker; add water to depth of fill line.
- ☐ Place chickens on lower food rack; cover with smoker lid.
- ☐ Cook 1 hour and 30 minutes to 2 hours or until a meat thermometer inserted into thickest portion registers 18
- ☐ Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:27.73, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:20.143043429955%

Flavonoids

Eriodictyol: 5.86mg, Eriodictyol: 5.86mg, Eriodictyol: 5.86mg, Eriodictyol: 5.86mg Hesperetin: 7.8mg, Hesperetin: 7.8mg, Hesperetin: 7.8mg, Hesperetin: 7.8mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 645.55kcal (32.28%), Fat: 53.18g (81.82%), Saturated Fat: 12.46g (77.89%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.59g (0.94%), Sugar: 0.89g (0.99%), Cholesterol: 189.74mg (63.25%), Sodium: 617.11mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.99%), Vitamin B3: 13.35mg (66.77%), Vitamin K: 46.05µg (43.86%), Selenium: 24.86µg (35.51%), Vitamin A: 1770.22IU (35.4%), Phosphorus: 353.62mg (35.36%), Vitamin B12: 2.08µg (34.71%), Vitamin B6: 0.69mg (34.47%), Vitamin C: 20.07mg (24.32%), Vitamin B5: 2.22mg (22.2%), Vitamin B2: 0.37mg (21.51%), Zinc: 2.72mg (18.11%), Iron: 3.1mg (17.23%), Folate: 58.81µg (14.7%), Potassium: 458.42mg (13.1%), Magnesium: 42.65mg (10.66%), Vitamin B1: 0.14mg (9.14%), Copper: 0.14mg (7.23%), Vitamin E: 0.96mg (6.43%), Manganese: 0.11mg (5.49%), Fiber: 0.87g (3.48%), Calcium: 32.4mg (3.24%)