



Chipotle BBQ Chicken with Potatoes and Onions

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups original barbecue sauce kraft
- 2 small chickens whole (3 lb. each)
- 2 chipotle peppers in adobo sauce canned chopped
- 2 cloves garlic minced
- 1 onion cut into wedges
- 1.5 lb potatoes red quartered (4)

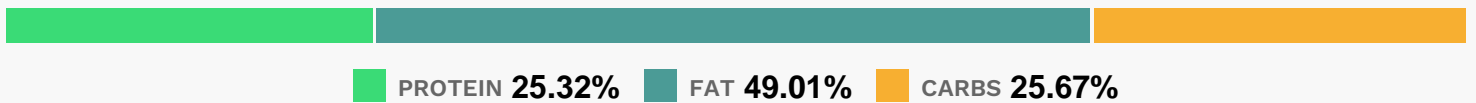
Equipment

- bowl
- knife
- grill
- aluminum foil

Directions

- Heat grill to medium-low heat.
- Cut out back bone from each chicken with kitchen shears or sharp knife. Open chickens butterfly-style.
- Mix barbecue sauce, peppers and garlic until blended.
- Combine potatoes and onions in medium bowl.
- Add 1/3 cup barbecue sauce mixture; toss to coat. Spoon onto 4 sheets heavy-duty foil; fold to make 4 packets.
- Grill chickens 15 min.; turn.
- Add packets; grill 25 to 30 min. or until chickens are done (165F) and vegetables are crisp-tender, turning occasionally and brushing chicken with remaining barbecue mixture for the last 15 min.
- Cut slits in foil to release steam before opening packets.
- Cut up and serve one of the chickens with the cooked vegetables. Cool remaining chicken, then cover and refrigerate to use to prepare BBQ Chicken Arepa Melts another night.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:32.056521934012%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 891.59kcal (44.58%), Fat: 47.92g (73.72%), Saturated Fat: 13.56g (84.76%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 52.48g (19.08%), Sugar: 28.42g (31.58%), Cholesterol: 262.67mg (87.56%), Sodium: 1021.93mg (44.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.71g (111.43%), Vitamin B3: 21.68mg (108.41%), Vitamin B6: 1.31mg (65.36%), Phosphorus: 610.44mg (61.04%), Vitamin A: 2756IU (55.12%), Selenium: 37.38µg (53.4%), Vitamin B12: 3.02µg (50.4%), Potassium: 1431.67mg (40.9%), Vitamin B5: 3.65mg (36.51%), Vitamin B2: 0.61mg (36.14%), Iron: 5.88mg (32.65%), Zinc: 4.54mg (30.26%), Folate: 109.65µg (27.41%), Vitamin C: 21.49mg (26.05%), Magnesium: 100.38mg (25.1%), Copper: 0.43mg (21.63%), Vitamin B1: 0.32mg (21.37%), Manganese: 0.42mg (20.94%), Fiber: 4g (16%), Calcium: 76.55mg (7.66%), Vitamin K: 5.43µg (5.17%), Vitamin E: 0.63mg (4.19%)