



Cook the Book: Big Bob Gibson's Hickory-Smoked Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon kosher salt finely
- ☐ 6 servings kosher salt black finely
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1.5 tablespoons pepper black

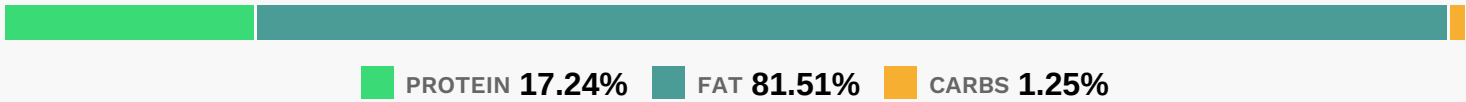
- ☐ 0.5 cup vegetable oil
- ☐ 1 chicken whole cut in half

Equipment

Directions

- ☐ Wash the chicken and season it liberally with salt and pepper.
- ☐ Smoke over hot coals and hickory wood at 300 to 350 degrees for 3 to 4 hours or until the internal temperature reaches 170 degrees.
- ☐ Halfway through the smoking process, baste the chicken with oil and sprinkle with salt and pepper once more.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:13.234347908393%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 571.89kcal (28.59%), Fat: 50.75g (78.07%), Saturated Fat: 10.42g (65.12%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.45g (0.5%), Cholesterol: 110.9mg (36.97%), Sodium: 715.86mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin K: 71.96µg (68.54%), Vitamin B3: 8.66mg (43.31%), Selenium: 19.27µg (27.52%), Vitamin B6: 0.45mg (22.75%), Phosphorus: 200.47mg (20.05%), Manganese: 0.32mg (16.01%), Vitamin E: 1.95mg (12.98%), Vitamin B5: 1.24mg (12.44%), Zinc: 1.76mg (11.72%), Vitamin B2: 0.16mg (9.61%), Potassium: 300.77mg (8.59%), Iron: 1.46mg (8.1%), Magnesium: 30.61mg (7.65%), Vitamin B12: 0.44µg (7.31%), Vitamin B1: 0.08mg (5.49%), Vitamin A: 245.04IU (4.9%), Copper: 0.09mg (4.61%), Vitamin C: 3.06mg (3.71%), Calcium: 26.9mg (2.69%), Folate: 10.33µg (2.58%), Vitamin D: 0.33µg (2.19%), Fiber: 0.41g (1.64%)