



Dry Rub Fo Yo Chicken

READY IN

ready

790 min.

SERVINGS

servings

6

CALORIES

calories

735 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup butter
- ☐ 2 chickens dark whole skinless white separated
- ☐ 0.5 cup cider vinegar
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground thyme
- ☐ 1 tablespoon hot sauce
- ☐ 0.5 cup catsup
- ☐ 0.5 cup juice of lemon

- ☐ 1 tablespoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon rubbed sage
- ☐ 2 tablespoons non-iodized salt
- ☐ 0.5 cup worcestershire sauce

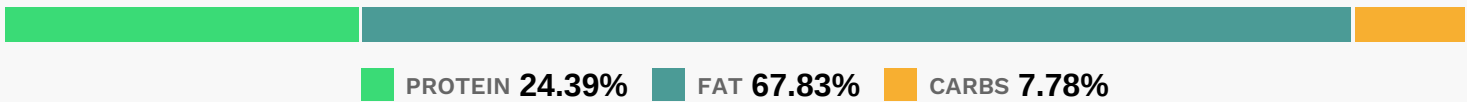
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Mix dry ingredients together in a small bowl and rub into the chicken, making sure to get the rub into the nooks and crannies.
- ☐ Let rub sit on the chicken for up to 12 hours in the refrigerator.
- ☐ Preheat a grill to medium heat.
- ☐ Place dark meat on the grill first because it has a longer cooking time than white meat. Grill until the internal temperature of the chicken is 180 degrees F for all parts except the breasts and is 165 degrees F for the breasts when measured with an instant-read thermometer. When chicken is almost finished grilling, baste it with a generous amount of barbecue sauce all over the meat. Save any leftover sauce for dipping.
- ☐ Combine all ingredients in a saucepan and slowly bring to a boil over medium-high heat; then reduce the heat and simmer until the sauce begins to thicken.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:24.797391217688%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 735.2kcal (36.76%), Fat: 54.86g (84.4%), Saturated Fat: 20.98g (131.15%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 13.46g (4.89%), Sugar: 7.33g (8.15%), Cholesterol: 259.56mg (86.52%), Sodium: 3162.56mg (137.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.39g (88.78%), Vitamin B3: 16.9mg (84.49%), Vitamin A: 2917.14IU (58.34%), Phosphorus: 458.12mg (45.81%), Vitamin B6: 0.9mg (44.97%), Selenium: 30.55µg (43.64%), Vitamin B12: 2.55µg (42.53%), Vitamin B2: 0.52mg (30.45%), Iron: 5.3mg (29.42%), Vitamin B5: 2.68mg (26.84%), Vitamin C: 19.78mg (23.97%), Potassium: 822.99mg (23.51%), Zinc: 3.5mg (23.3%), Folate: 76.67µg (19.17%), Magnesium: 60.65mg (15.16%), Vitamin B1: 0.19mg (12.57%), Copper: 0.25mg (12.26%), Manganese: 0.24mg (11.86%), Calcium: 72.94mg (7.29%), Vitamin E: 0.91mg (6.06%), Vitamin K: 6.22µg (5.92%), Fiber: 0.69g (2.78%)