



Dry Rubbed BBQ Chicken

READY IN



180 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bbq seasoning dry
- ☐ 2 large skin-on chicken breast halves bone-in
- ☐ 0.8 cup kosher salt
- ☐ 0.8 cup brown sugar light
- ☐ 8 cups water
- ☐ 0.8 cup vinegar white

Equipment

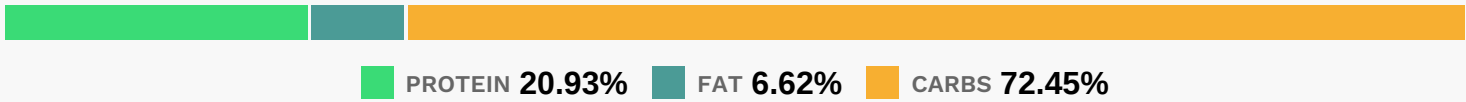
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large plastic container with a lid add 8 cups water, 3/4 cup salt, 3/4 cup brown sugar, vinegar and 1 tablespoon of the BBQ seasoning. Stir until well mixed.
- ☐ Add the chicken to the brine and refrigerate at least 2 hours and no longer than 4 hours
- ☐ Preheat the oven to 350 degrees F.
- ☐ Remove chicken from brine and pat dry. In a small bowl combine 1 teaspoon of salt, 1 tablespoon of brown sugar and 2 tablespoons dry BBQ seasoning. Rub the outside of the chicken with spice mix and transfer to a roasting pan.
- ☐ Add 2 tablespoons of water to the bottom of the pan and put in the oven. Roast for 45 minutes or until the internal temperature at the thickest part of the meat reaches 160 degrees F on an instant-read thermometer.
- ☐ Remove the chicken from the oven to a cutting board. Allow the chicken to rest for 5 minutes, loosely covered with foil, before carving and arranging on a serving platter. Enjoy!

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:9.4608695196069%

Nutrients (% of daily need)

Calories: 241.12kcal (12.06%), Fat: 1.74g (2.68%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 42.91g (14.3%), Net Carbohydrates: 42.49g (15.45%), Sugar: 40.15g (44.61%), Cholesterol: 36.16mg (12.05%), Sodium: 21322.71mg (927.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Vitamin B3: 6.05mg (30.24%), Vitamin

K: 29.89µg (28.46%), Selenium: 19.14µg (27.34%), Vitamin B6: 0.49mg (24.44%), Manganese: 0.37mg (18.47%), Phosphorus: 128.53mg (12.85%), Iron: 2mg (11.12%), Calcium: 104.09mg (10.41%), Vitamin B5: 0.86mg (8.6%), Potassium: 294.53mg (8.42%), Magnesium: 32.44mg (8.11%), Copper: 0.16mg (8.04%), Zinc: 0.56mg (3.75%), Vitamin B2: 0.06mg (3.74%), Vitamin B1: 0.05mg (3.06%), Vitamin A: 114.25IU (2.28%), Folate: 7.77µg (1.94%), Vitamin B12: 0.11µg (1.88%), Fiber: 0.42g (1.67%), Vitamin C: 1.12mg (1.36%), Vitamin E: 0.16mg (1.04%)