



Grilled Brined Chicken with Chimichurri Sauce



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons suya seasoning mix
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 0.5 garlic clove peeled
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 pinch pepper dried red crushed
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 cup sea salt fine
- ☐ 1 large shallots chopped
- ☐ 4.5 pound chicken whole organic quartered (preferably)

Equipment

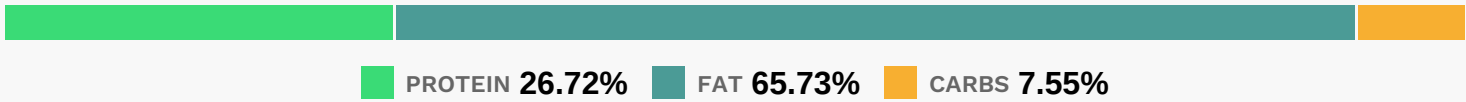
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Bring 2 cups water, 1/4 cup salt, and pickling spice to boil in large saucepan, stirring until salt dissolves.
- ☐ Remove from heat; add 6 cups water and honey. Cool brine to room temperature.
- ☐ Add chicken to brine; let soak 1 hour at room temperature.
- ☐ Remove chicken from brine and rinse with cold water; discard brine. Pat chicken dry with paper towels.
- ☐ Place chicken in 13 x 9 x 2-inch glass baking dish.
- ☐ Combine 1/2 cup olive oil, shallot, basil, parsley, rosemary, thyme, and garlic in processor. Blend until herb mixture is finely chopped. Rub herb mixture all over chicken; cover and chill at least 4 hours or overnight.
- ☐ Place all ingredients in processor; puree until almost smooth. Season with salt and pepper. DO AHEAD: Can be made 4 hours ahead. Cover; chill.
- ☐ Prepare barbecue (medium heat). Rub excess marinade off chicken, leaving some marinade still clinging.
- ☐ Sprinkle chicken with salt and pepper. Grill chicken covered until cooked through, turning occasionally, about 30 minutes.

Transfer chicken to platter. Spoon some chimichurri over. Pass remaining chimichurri.

Nutrition Facts



Properties

Glycemic Index:66.07, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:23.220869707025%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 696.99kcal (34.85%), Fat: 50.65g (77.92%), Saturated Fat: 12.51g (78.18%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 11.07g (4.02%), Sugar: 9.3g (10.34%), Cholesterol: 183.7mg (61.23%), Sodium: 7249.43mg (315.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.33g (92.66%), Vitamin B3: 16.92mg (84.58%), Vitamin K: 64.18µg (61.12%), Selenium: 35.63µg (50.9%), Vitamin B6: 0.93mg (46.63%), Phosphorus: 375.44mg (37.54%), Iron: 4.23mg (23.5%), Vitamin B5: 2.32mg (23.16%), Zinc: 3.45mg (23.02%), Vitamin E: 3.17mg (21.15%), Vitamin B2: 0.33mg (19.65%), Vitamin C: 14.45mg (17.52%), Magnesium: 66.08mg (16.52%), Potassium: 571.78mg (16.34%), Vitamin A: 811.16IU (16.22%), Manganese: 0.31mg (15.4%), Vitamin B12: 0.76µg (12.66%), Vitamin B1: 0.16mg (10.73%), Calcium: 97.14mg (9.71%), Copper: 0.18mg (9%), Fiber: 2.01g (8.05%), Folate: 29.65µg (7.41%), Vitamin D: 0.49µg (3.27%)