



WHATSheATE



Grilled Buttermilk Chicken



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 quart buttermilk



6 skin-on chicken drumsticks ()



6 chicken thighs ()



2 tablespoons garlic chopped



1 tablespoon ground cumin



2 tablespoons kosher salt



1 teaspoon pepper



0.5 cup shallots chopped

☐ 2 tablespoons sugar

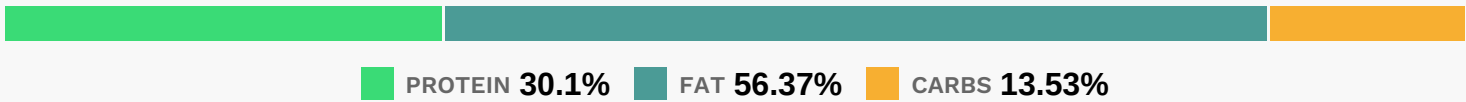
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

Directions

- ☐ In a large bowl, mix buttermilk, shallots, garlic, salt, sugar, cumin, and pepper.
- ☐ Rinse chicken thighs and drumsticks and pat dry. Trim off excess fat. Submerge chicken pieces in buttermilk brine. Cover and chill for at least 4 hours, or up to 1 day (see notes).
- ☐ Lift chicken from brine; discard brine. Wipe excess from chicken with paper towels.
- ☐ Lay chicken pieces on a barbecue grill over medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); close lid on gas grill. Cook, turning frequently, until browned on both sides and no longer pink at the bone (cut to test), 20 to 30 minutes.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:6.29, Inflammation Score:-5, Nutrition Score:19.8765216703%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 503.79kcal (25.19%), Fat: 31.3g (48.16%), Saturated Fat: 9.94g (62.11%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 16.02g (5.83%), Sugar: 13.29g (14.77%), Cholesterol: 197.74mg (65.91%), Sodium: 2661.45mg (115.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.21%), Selenium: 42.37µg (60.53%), Phosphorus: 459.71mg (45.97%), Vitamin B3: 9.16mg (45.8%), Vitamin B6: 0.8mg (40.11%), Vitamin B2: 0.56mg

(32.85%), Vitamin B12: 1.87µg (31.09%), Vitamin B5: 2.61mg (26.08%), Zinc: 3.63mg (24.22%), Calcium: 222.38mg (22.24%), Potassium: 712.83mg (20.37%), Vitamin B1: 0.24mg (16.19%), Magnesium: 61.48mg (15.37%), Vitamin D: 2.24µg (14.93%), Iron: 2.28mg (12.67%), Manganese: 0.22mg (11.07%), Copper: 0.18mg (9.19%), Vitamin A: 398.77IU (7.98%), Vitamin K: 5.54µg (5.28%), Folate: 20.49µg (5.12%), Vitamin E: 0.54mg (3.59%), Fiber: 0.88g (3.5%), Vitamin C: 2.49mg (3.01%)