



Grilled Buttermilk Chicken Legs

 Gluten Free

READY IN



275 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 quart buttermilk
- ☐ 2 pound chicken legs (6 legs)
- ☐ 6 clove garlic peeled smashed
- ☐ 2 tablespoon kosher salt plus more for seasoning
- ☐ 0.3 cup light-brown sugar packed ()
- ☐ 2 tablespoon all the tabasco sauce you handle red (or similar high acid hot sauce)
- ☐ 0.5 ounce thyme sprigs (1 bunch)

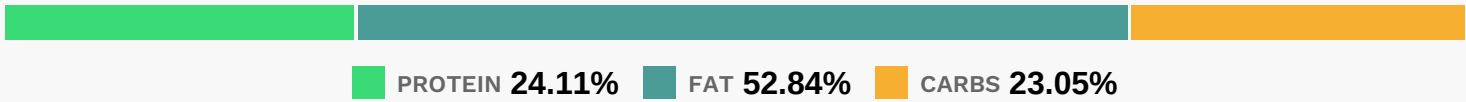
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ colander

Directions

- ☐ In large bowl, combine buttermilk, garlic, brown sugar, thyme, Tabasco, salt and pepper; add chicken, turning to coat. Cover and refrigerate at least 4 hours and up to 24 hours; turning chicken occasionally.
- ☐ Remove chicken from refrigerator 30 minutes before grilling. Use a colander to strain away the marinade; discard the thyme and garlic and season with salt.
- ☐ Place on greased grill over medium-high heat. Close the lid and grill, turning occasionally, until an insta-read thermometer inserted into thickest part reads 165 degrees F; about 30 to 40 minutes. You may need to move the legs to cooler part of the grill to keep the skin from charring too much. Be diligent.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:12.630434689314%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 325.22kcal (16.26%), Fat: 19.05g (29.31%), Saturated Fat: 6.78g (42.38%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 18.2g (6.62%), Sugar: 16.68g (18.53%), Cholesterol: 97.5mg (32.5%), Sodium: 2681.37mg (116.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Selenium: 21.91µg (31.3%), Phosphorus: 276.11mg (27.61%), Vitamin B2: 0.41mg (24.2%), Vitamin B3: 4.31mg (21.55%), Calcium: 215.01mg

(21.5%), Vitamin B12: 1.21µg (20.14%), Vitamin B6: 0.39mg (19.39%), Vitamin B5: 1.51mg (15.05%), Vitamin D: 2.14µg (14.24%), Zinc: 1.96mg (13.08%), Potassium: 437.64mg (12.5%), Vitamin C: 8.13mg (9.86%), Vitamin B1: 0.15mg (9.74%), Magnesium: 38.35mg (9.59%), Vitamin A: 460.89IU (9.22%), Manganese: 0.17mg (8.37%), Iron: 1.24mg (6.91%), Copper: 0.12mg (5.99%), Folate: 12.9µg (3.22%), Vitamin K: 3.16µg (3.01%), Vitamin E: 0.31mg (2.07%), Fiber: 0.49g (1.96%)