



Grilled Chicken Quarters

 **Gluten Free**  **Dairy Free**

READY IN	SERVINGS	CALORIES
ready	servings	calories
645 min.	6	459 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 cup canola oil
- ☐ 6 chicken leg quarters
- ☐ 3 egg yolks
- ☐ 1 tablespoon honey
- ☐ 8 cups ice cubes
- ☐ 0.5 cup kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup squeezed lemon juice fresh divided

☐ 0.3 cup brown sugar light

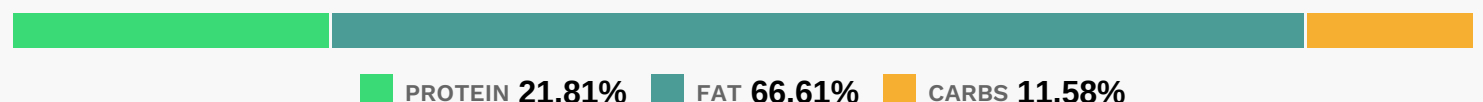
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ In a small saucepan, bring 1 cup water to a boil. Stir the salt and brown sugar into the boiling water until dissolved.
- ☐ Place the ice cubes in a large container.
- ☐ Pour the brine over the ice cubes and stir to mix and cool.
- ☐ Add the leg quarters to the cooled brine, adding additional water if needed to make sure they are submerged. Refrigerate overnight.
- ☐ Remove the chicken from the brine, rinse and pat dry. Preheat the grill to medium-high. Turn one side of the grill off and place the chicken skin-side down over the indirect heat. Cook for 10 minutes, turn, cook another 10 minutes and then brush with a thick coating of basting sauce. Turn, cook another 10 minutes, baste and cook a final 10 minutes for a total of 40 minutes on the grill. The chicken should register at least 160 degrees F and the juices should run clear.
- ☐ Serve immediately.
- ☐ In a small bowl, whisk together the egg yolks, 1/4 cup lemon juice, honey and salt. While constantly whisking, very slowly drizzle in the canola oil, drop by drop, until an emulsion forms, and then continue adding the oil in a slow steady stream. The mixture should thicken to the consistency of mayonnaise.
- ☐ Whisk in a little water to thin the final sauce to the consistency of a creamy salad dressing. Taste and add more salt or lemon juice, if necessary.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:1.5, Inflammation Score:-2, Nutrition Score:12.416086970464%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 459.15kcal (22.96%), Fat: 33.88g (52.12%), Saturated Fat: 7.88g (49.27%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 13.22g (4.81%), Sugar: 12.07g (13.41%), Cholesterol: 238.81mg (79.6%), Sodium: 10728.02mg (466.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.91%), Selenium: 32.24µg (46.05%), Vitamin B3: 6.74mg (33.68%), Vitamin B6: 0.54mg (26.82%), Phosphorus: 264.73mg (26.47%), Vitamin B12: 1.1µg (18.34%), Vitamin B5: 1.76mg (17.65%), Vitamin B2: 0.24mg (14.18%), Zinc: 2.09mg (13.92%), Vitamin E: 1.86mg (12.38%), Potassium: 332.7mg (9.51%), Vitamin B1: 0.13mg (8.35%), Magnesium: 32.84mg (8.21%), Vitamin K: 8.42µg (8.02%), Iron: 1.39mg (7.73%), Copper: 0.15mg (7.32%), Folate: 19.67µg (4.92%), Vitamin A: 243.1IU (4.86%), Vitamin C: 3.95mg (4.79%), Calcium: 47.62mg (4.76%), Vitamin D: 0.63µg (4.2%), Manganese: 0.07mg (3.26%)