



Grilled Chicken Thighs with White Barbecue Sauce



Gluten Free



Dairy Free

READY IN



31 min.

SERVINGS



5

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 servings barbecue sauce white
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon onion powder
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 3 lb skin-on bone-in

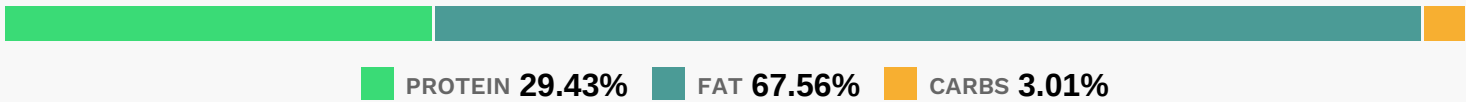
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine first 7 ingredients until blended. Rinse chicken, and pat dry; rub seasoning mixture over chicken.
- ☐ Place chicken in a zip-top plastic freezer bag. Seal and chill 4 hours.
- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove chicken from bag, discarding bag.
- ☐ Grill chicken, covered with grill lid, 8 to 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 18
- ☐ Serve with White Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:19.218695609466%

Nutrients (% of daily need)

Calories: 523.51kcal (26.18%), Fat: 38.99g (59.99%), Saturated Fat: 10.45g (65.31%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 2.46g (0.9%), Sugar: 0.59g (0.65%), Cholesterol: 226.71mg (75.57%), Sodium: 424.96mg (18.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.43%), Selenium: 43.57µg (62.25%), Vitamin B3: 11.03mg (55.17%), Vitamin B6: 0.85mg (42.39%), Phosphorus: 380.78mg (38.08%), Vitamin K: 26.34µg (25.09%), Vitamin B12: 1.48µg (24.68%), Vitamin B5: 2.4mg (24.02%), Iron: 4.04mg (22.46%), Zinc: 3.11mg (20.71%), Vitamin B2: 0.34mg (19.78%), Vitamin A: 935.98IU (18.72%), Potassium: 555.68mg (15.88%), Magnesium: 56.23mg (14.06%), Vitamin B1: 0.19mg (12.77%), Manganese: 0.24mg (12.23%), Vitamin E: 1.19mg (7.91%), Copper: 0.16mg (7.87%), Calcium: 66.87mg (6.69%), Fiber: 1.46g (5.82%), Folate: 12.62µg (3.15%), Vitamin D: 0.23µg (1.54%)