



Grilled Chicken with Alabama White BBQ Sauce



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 juice of lemon juiced
- ☐ 1 cup mayonnaise
- ☐ 8 servings olive oil for the grill
- ☐ 1 teaspoon onion powder

- ☐ 1 teaspoon cracked pepper black
- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 3.5 pound meat from a rotisserie chicken whole cut into 8 pieces

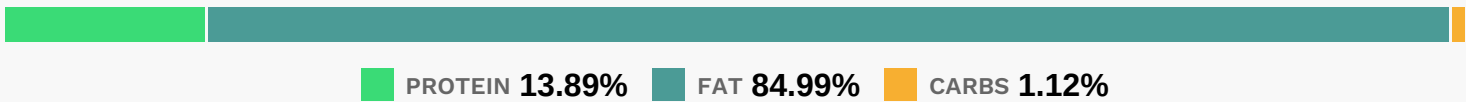
Equipment

- ☐ bowl
- ☐ whisk
- ☐ ramekin
- ☐ grill
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk all the ingredients together in a medium bowl. Cover and refrigerate for at least 2 hours before using. Reserve a ramekin full of sauce, about 1/2 cup, to serve on the side.
- ☐ Preheat half of the grill to medium-high heat and the other half to low heat. Using tongs, dip a folded towel into olive oil and wipe over the grill grate.
- ☐ Season the chicken pieces with salt and pepper. Arrange the chicken, skin side down, on the hottest area of the grill. Grill until seared and golden brown and crisp on each side, about 5 minutes. Move the chicken to the cooler part of the grill and brush with barbecue sauce. Continue to cook until the juices run clear, about 20 to 25 minutes. Do not forget to flip the chicken halfway through its cooking time.
- ☐ Transfer the chicken to a serving platter and serve with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:10.421739000341%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 529.43kcal (26.47%), Fat: 49.34g (75.9%), Saturated Fat: 9.33g (58.28%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.41g (0.46%), Cholesterol: 83.2mg (27.73%), Sodium: 537.49mg (23.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Vitamin K: 56.18µg (53.51%), Vitamin B3: 6.5mg (32.5%), Vitamin E: 3.27mg (21.8%), Selenium: 14.55µg (20.78%), Vitamin B6: 0.35mg (17.47%), Phosphorus: 151.87mg (15.19%), Vitamin B5: 0.93mg (9.29%), Zinc: 1.33mg (8.89%), Manganese: 0.15mg (7.49%), Vitamin B2: 0.12mg (7.22%), Potassium: 225.61mg (6.45%), Iron: 1.13mg (6.3%), Magnesium: 22.42mg (5.6%), Vitamin B12: 0.33µg (5.48%), Vitamin B1: 0.06mg (4.29%), Vitamin A: 205.71IU (4.11%), Vitamin C: 3.13mg (3.8%), Copper: 0.06mg (3.14%), Folate: 8.39µg (2.1%), Calcium: 18.35mg (1.83%), Vitamin D: 0.25µg (1.64%)