



Grilled Chicken With White Barbecue Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 0.5 teaspoon salt

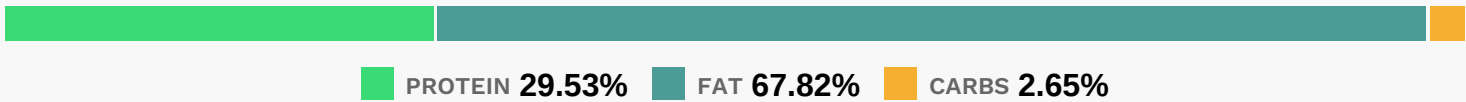
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine first 7 ingredients. Rinse chicken, and pat dry; rub mixture evenly over chicken.
- ☐ Place chicken in a zip-top plastic freezer bag. Seal and chill 4 hours.
- ☐ Remove chicken from bag, discarding bag.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 180°F
- ☐ Serve with White Barbecue Sauce.
- ☐ *4 chicken leg quarters (about 3 lb.) may be substituted for chicken thighs. Increase cooking time to 20 to 25 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:21.873913215554%

Nutrients (% of daily need)

Calories: 612.91kcal (30.65%), Fat: 45.77g (70.42%), Saturated Fat: 12.28g (76.73%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.59g (0.65%), Cholesterol: 266.71mg (88.9%), Sodium: 456.4mg (19.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.84g (89.69%), Selenium: 51.21µg (73.15%), Vitamin B3: 12.93mg (64.65%), Vitamin B6: 0.99mg (49.39%), Phosphorus: 445.28mg (44.53%), Vitamin B12: 1.74µg (29.03%), Vitamin B5: 2.82mg (28.17%), Vitamin K: 27.2µg (25.9%), Zinc: 3.62mg (24.12%), Iron: 4.32mg (23.98%), Vitamin B2: 0.39mg (22.95%), Vitamin A: 967.82IU (19.36%), Potassium: 639.37mg (18.27%), Magnesium: 63.98mg (16%), Vitamin B1: 0.22mg (14.78%), Manganese: 0.25mg (12.56%), Copper: 0.18mg (8.92%), Vitamin E: 1.27mg (8.48%), Calcium: 70.14mg (7.01%), Fiber: 1.46g (5.82%), Folate: 13.84µg (3.46%), Vitamin D: 0.27µg (1.81%)