



Grilled Dixie Chicken with Cayenne Spice Rub

READY IN



45 min.

SERVINGS



8

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices crusty baguette
- ☐ 1 teaspoon ground pepper
- ☐ 8 pound roasting chickens dry rinsed quartered
- ☐ 1 teaspoon chili powder
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 teaspoons garlic powder
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 1 tablespoon pepper black
- ☐ 1 teaspoon lemon pepper with garlic and onion

- ☐ 1.5 teaspoons onion powder
- ☐ 2 tablespoons salt
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine first 9 ingredients in small bowl; whisk spice rub to blend well.
- ☐ Transfer 1 tablespoon spice rub to medium bowl; add butter and mix well. (Rub and seasoned butter can be made 2 days ahead. Cover separately. Chill butter. Bring butter to room temperature before using.)
- ☐ Sprinkle spice rub over both sides of chicken pieces. Arrange chicken pieces on waxed-paper-lined baking sheets. Cover chicken with more waxed paper and let stand at room temperature at least 1 hour and up to 2 hours.
- ☐ Prepare barbecue (medium-high heat). Reserve 4 tablespoons seasoned butter.
- ☐ Spread remaining seasoned butter on 1 side of baguette slices.
- ☐ Place bread slices on platter and cover.
- ☐ Place chicken on grill, skin side up. Grill 20 minutes. Turn chicken over. Grill until skin is deep golden brown, about 15 minutes. Turn chicken again and grill, skin side up, until cooked through (no red shows when chicken is cut at thigh bone), about 5 minutes longer.
- ☐ Transfer chicken to platter.
- ☐ Brush chicken with reserved 4 tablespoons seasoned butter.
- ☐ Grill bread until just golden, about 2 minutes per side. Arrange toasts around chicken and serve.

Nutrition Facts



 **PROTEIN 28.04%**  **FAT 69.13%**  **CARBS 2.83%**

Properties

Glycemic Index:21.59, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:27.814347749171%

Nutrients (% of daily need)

Calories: 832.28kcal (41.61%), Fat: 62.93g (96.81%), Saturated Fat: 21.94g (137.14%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.17g (1.88%), Sugar: 1.74g (1.94%), Cholesterol: 315.27mg (105.09%), Sodium: 2004.42mg (87.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.42g (114.85%), Vitamin B3: 21.54mg (107.7%), Vitamin A: 3329.53IU (66.59%), Selenium: 39.63µg (56.61%), Phosphorus: 561.04mg (56.1%), Vitamin B12: 3.3µg (55.04%), Vitamin B6: 1.09mg (54.71%), Vitamin B2: 0.59mg (34.81%), Vitamin B5: 3.43mg (34.31%), Zinc: 4.35mg (29.03%), Iron: 4.92mg (27.34%), Folate: 91.91µg (22.98%), Potassium: 695.57mg (19.87%), Magnesium: 67.89mg (16.97%), Vitamin B1: 0.23mg (15.12%), Manganese: 0.26mg (13.16%), Copper: 0.23mg (11.55%), Vitamin C: 8.24mg (9.98%), Calcium: 50.71mg (5.07%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.23µg (3.08%), Fiber: 0.62g (2.48%), Vitamin D: 0.21µg (1.42%)