



Grilled Herb Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



160 min.

SERVINGS



6

CALORIES



7178 kcal

SIDE DISH

Ingredients

- ☐ 10.5 pounds cooking fat whole
- ☐ 2 tablespoons butter melted
- ☐ 1.5 teaspoons thyme sprigs dried fresh chopped
- ☐ 1 teaspoon rosemary leaves dried fresh crumbled chopped
- ☐ 1 teaspoon marjoram dried fresh chopped

Equipment

- ☐ frying pan
- ☐ grill

- ☐ kitchen thermometer
- ☐ skewers

Directions

- ☐ Place drip pan directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill.
- ☐ Fold wings of chicken across back with tips touching. Tie or skewer drumsticks to tail.
- ☐ Mix butter, thyme, rosemary and marjoram.
- ☐ Brush half of the herb mixture over chicken. Insert barbecue meat thermometer in chicken so tip is in thickest part of inside thigh muscle and does not touch bone.
- ☐ Cover and grill chicken, breast side up, over drip pan and 4 inches from low heat 1 hour 45 minutes to 2 hours 15 minutes, turning every 20 minutes and brushing with herb mixture, until thermometer reads 180°F and juice of chicken is no longer pink when center of thigh is cut.
- ☐ Let stand about 15 minutes for easier carving. Discard any remaining herb mixture.

Nutrition Facts

PROTEIN

0%

FAT

99.99%

CARBS

0.01%

Properties

Glycemic Index:7.5, Glycemic Load:0.02, Inflammation Score:1, Nutrition Score:9.1499999938128%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 7178.21kcal (358.91%), Fat: 795.97g (1224.56%), Saturated Fat: 237.33g (1483.32%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0g (0%), Cholesterol: 674.72mg (224.91%), Sodium: 44.07mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin D: 38.1µg (254.01%), Vitamin E: 21.58mg (143.85%), Vitamin A: 192.51IU (3.85%), Selenium: 1.59µg (2.27%)