



Grilled Spice-Rubbed Whole Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



479 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons brown sugar
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon thyme dried
- ☐ 1.3 teaspoons ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon paprika
- ☐ 4 pound chicken whole

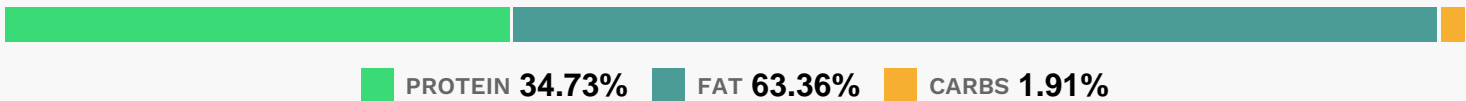
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Prepare grill for indirect grilling. If using a gas grill, heat one side to medium-high and leave one side with no heat. If using a charcoal grill, arrange hot coals on either side of charcoal grate, leaving an empty space in middle.
- ☐ Combine first 7 ingredients; set aside.
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat.
- ☐ Place chicken, breast side down, on a cutting surface.
- ☐ Cut chicken in half lengthwise along backbone, cutting to, but not through, other side. Turn chicken over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub spice mixture under skin. Gently press skin to secure.
- ☐ Place chicken, breast side down, on grill rack coated with cooking spray over direct heat; cover and cook 7 minutes. Turn chicken over; cook 7 minutes. Move chicken over indirect heat; cover and cook 45 minutes or until a thermometer inserted in meaty part of thigh registers 16
- ☐ Transfer chicken to a cutting board; let rest 10 minutes. Discard skin.
- ☐ Wine note: An economical meal can include wine. With Grilled Spice-Rubbed Whole Chicken, look to Australia. The Little Penguin Chardonnay 2008 (\$
- ☐ has juicy stone fruit and mango flavors that couple nicely with the chicken's sweet meat, while a touch of toasty oak helps it to integrate with smoky grilled flavors and eclectic spices. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:15.444347863612%

Nutrients (% of daily need)

Calories: 478.53kcal (23.93%), Fat: 33.01g (50.79%), Saturated Fat: 9.41g (58.82%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.52g (1.69%), Cholesterol: 163.29mg (54.43%), Sodium: 739.64mg (32.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.72g (81.43%), Vitamin B3: 14.9mg (74.5%), Selenium: 31.49µg (44.98%), Vitamin B6: 0.78mg (38.87%), Phosphorus: 325.41mg (32.54%), Vitamin B5: 2mg (19.95%), Zinc: 2.92mg (19.44%), Vitamin B2: 0.27mg (15.86%), Iron: 2.66mg (14.8%), Potassium: 439.7mg (12.56%), Magnesium: 47.5mg (11.88%), Vitamin B12: 0.67µg (11.25%), Vitamin A: 516.13IU (10.32%), Vitamin B1: 0.14mg (9.13%), Vitamin K: 6.32µg (6.02%), Copper: 0.12mg (5.99%), Manganese: 0.11mg (5.73%), Vitamin E: 0.85mg (5.69%), Vitamin C: 3.6mg (4.36%), Calcium: 36.24mg (3.62%), Folate: 13.72µg (3.43%), Vitamin D: 0.44µg (2.9%), Fiber: 0.35g (1.4%)