



## Grilled Split Chicken with Rosemary and Garlic

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 pound chicken
- 1 tablespoon rosemary leaves fresh chopped
- 2 garlic clove minced
- 0.5 cup buttermilk low-fat
- 0.5 teaspoon hot sauce hot
- 0.5 teaspoon salt

### Equipment

- frying pan

- grill
- kitchen thermometer
- aluminum foil

## Directions

- Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. 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 the neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- Place chicken, breast side up, in a large shallow dish.
- Combine buttermilk and remaining ingredients except cooking spray; pour under skin and over surface of chicken.
- Cut a 1-inch slit in skin at the bottom of each breast half. Insert tip of each drumstick into each slit. Cover and marinate in refrigerator 24 hours.
- To prepare chicken for indirect grilling, preheat grill to medium-hot using both burners. After preheating, turn left burner off (leave right burner on).
- Place a disposable aluminum foil pan on briquettes on left side.
- Pour 2 cups water in pan. Coat grill rack with cooking spray; place on grill.
- Place chicken, skin side down, on grill rack covering left burner. Cover and grill 1 1/2 hours or until a meat thermometer registers 180, turning halfway during cooking time. Discard skin before serving.

## Nutrition Facts

 **PROTEIN 35.15%**  **FAT 62.88%**  **CARBS 1.97%**

## Properties

Glycemic Index:6, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:10.918695578109%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 339.63kcal (16.98%), Fat: 23.24g (35.75%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.55g (0.57%), Sugar: 1.17g (1.3%), Cholesterol: 115.27mg (38.42%), Sodium: 385.63mg (16.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.47%), Vitamin B3: 10.39mg (51.96%), Selenium: 22.6µg (32.28%), Vitamin B6: 0.56mg (27.92%), Phosphorus: 247.54mg (24.75%), Vitamin B5: 1.46mg (14.64%), Zinc: 2.12mg (14.11%), Vitamin B2: 0.22mg (13.06%), Potassium: 332.4mg (9.5%), Vitamin B12: 0.53µg (8.75%), Magnesium: 33.81mg (8.45%), Iron: 1.43mg (7.97%), Vitamin B1: 0.1mg (6.82%), Calcium: 48.22mg (4.82%), Vitamin A: 237.1IU (4.74%), Vitamin C: 3.44mg (4.17%), Copper: 0.08mg (4.04%), Vitamin E: 0.47mg (3.14%), Folate: 10.84µg (2.71%), Manganese: 0.05mg (2.71%), Vitamin K: 2.34µg (2.23%), Vitamin D: 0.3µg (2.03%)