



Herbed Lemon Barbecue Sauce and Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



171 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons basil dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 to 3 garlic cloves peeled
- ☐ 1 slices garnish: lemon fresh
- ☐ 1.5 cups juice of lemon
- ☐ 2 tablespoons onion powder
- ☐ 3 teaspoons paprika
- ☐ 3 teaspoons salt

- ☐ 3 cups vegetable oil
- ☐ 3 pound meat from a rotisserie chicken whole cut into quarters

Equipment

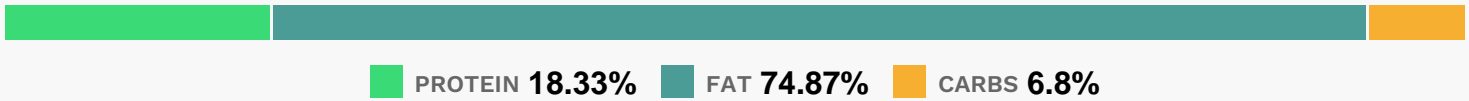
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a blender; process on high 1 minute. With blender on high, add oil in a slow, steady stream; process 1 minute. Scrape down sides.
- ☐ Add basil and thyme; process on low 30 seconds.
- ☐ Remove 1 cup sauce for basting and 1/2 cup sauce to serve with chicken; chill.
- ☐ Place chicken in a large shallow dish or heavy-duty zip-top plastic bag.
- ☐ Pour remaining sauce over chicken; cover or seal, and chill 8 hours.
- ☐ Drain and blot excess sauce.
- ☐ Grill chicken according to directions below.
- ☐ Brush 1 cup reserved sauce over chicken during the last 30 minutes of cooking time. (Discard leftover basting sauce.)
- ☐ Serve chicken with reserved 1/2 cup sauce.
- ☐ Garnish, if desired.
- ☐ Place 2 cups hickory, mesquite, or other wood chips in the center of a large square of heavy-duty aluminum foil; fold into a rectangle, and seal. Punch holes in top of packet. Preheat one side of grill, leaving center empty, for 20 minutes.
- ☐ Place packet on cooking grate over unlit side. Grill, covered with grill lid, 2 hours and 15 minutes or until done (170). Baste as directed.
- ☐ Direct Cooking: Preheat grill over low heat, under 300, for 20 minutes.
- ☐ Place chicken, skin side up, on cooking grate. Grill, covered with grill lid, over low heat 1 hour and 15 minutes or until done. (Don't turn chicken.) Baste as directed.

- ☐ Indirect Cooking: Soak 2 cups hickory wood chips in cold water for 30 minutes; drain. (Wood chips for the gas grill are not soaked in water because they're encased in foil and placed on the cooking grate.) Prepare fire by piling charcoal on each side of grill, leaving center empty.
- ☐ Let charcoal burn for 30 minutes, or until flames disappear and coals turn white.
- ☐ Sprinkle chips over hot coals. Arrange chicken, skin side up, on cooking grate in center of grill (not directly over coals). Cook covered with grill lid, for 50 minutes to 1 hour or until done. (Don't turn chicken.) Baste as directed.
- ☐ Note: If you prefer chicken pieces, prepare a hot fire by piling charcoal on 1 side of grill, leaving other side empty. (For gas grills, light only 1 side.)
- ☐ Place cooking grate on grill. Arrange chicken over empty side (unlit side of gas grill), and grill, covered with grill lid, 1 hour or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:5.8199999876644%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 171.31kcal (8.57%), Fat: 14.47g (22.26%), Saturated Fat: 3.04g (19%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.7g (0.78%), Cholesterol: 30.62mg (10.21%), Sodium: 466.25mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.94%), Vitamin K: 26.71µg (25.43%), Vitamin B3: 2.87mg (14.36%), Vitamin C: 10.13mg (12.28%), Vitamin B6: 0.18mg (9.01%), Selenium: 6.13µg (8.75%), Phosphorus: 68.1mg (6.81%), Vitamin E: 1mg (6.67%), Iron: 1.12mg (6.21%), Vitamin A: 251.83IU (5.04%), Manganese: 0.09mg (4.71%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.42mg (4.25%), Potassium: 134.25mg (3.84%), Vitamin B2: 0.06mg (3.81%), Magnesium: 15.16mg (3.79%), Vitamin B1: 0.04mg (2.48%), Calcium: 24.71mg (2.47%), Folate: 9.72µg (2.43%), Fiber: 0.59g (2.35%), Copper: 0.04mg (2.21%), Vitamin B12: 0.13µg (2.11%)