



## Kansas City Barbecued Chicken

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups kansas city barbecue sauce
- 10 ounce chicken leg-thigh quarters bone-in
- 4 cups hickory wood chips
- 0.3 cup kansas city rub dry
- 2 cups water

### Equipment

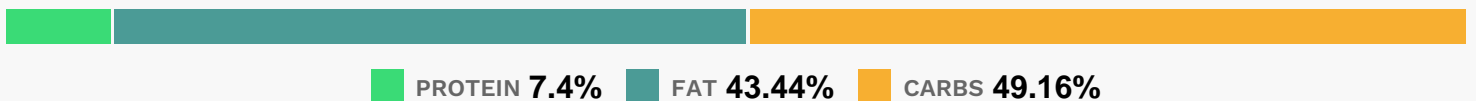
- frying pan
- sauce pan

- knife
- grill
- kitchen thermometer
- aluminum foil

## Directions

- Soak wood chips in water 1 hour; drain well.
- Loosen skin from thighs and drumsticks by inserting fingers, gently pushing between skin and meat. Rub Kansas City Dry Rub evenly under loosened skin; let stand at room temperature for 30 minutes.
- Remove grill rack; set aside. Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat.
- Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife.
- Place pan on heated side of grill; add half of wood chips to pan.
- Place another disposable aluminum foil pan (do not pierce pan) on unheated side of grill.
- Pour 2 cups water in pan. Coat grill rack with cooking spray; place grill rack on grill.
- Place chicken on grill rack over foil pan on unheated side. Close lid; cook 1 1/2 hours.
- Add additional wood chips halfway during cooking time. Turn chicken over; cover and cook 30 minutes or until a thermometer registers 16
- Remove chicken from grill; let stand 10 minutes.
- Remove and discard skin.
- Bring sauce to a simmer in a small saucepan.
- Brush chicken with 1/2 cup sauce.
- Serve chicken with remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:8.04, Glycemic Load:19.52, Inflammation Score:-3, Nutrition Score:10.933043374316%

## Nutrients (% of daily need)

Calories: 472.48kcal (23.62%), Fat: 23.19g (35.68%), Saturated Fat: 6.82g (42.63%), Carbohydrates: 59.05g (19.68%), Net Carbohydrates: 53g (19.27%), Sugar: 17.87g (19.86%), Cholesterol: 29.52mg (9.84%), Sodium: 1158.72mg (50.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Manganese: 0.49mg (24.55%), Fiber: 6.05g (24.21%), Vitamin B3: 4.43mg (22.17%), Potassium: 709.79mg (20.28%), Vitamin B6: 0.39mg (19.27%), Vitamin K: 19.22µg (18.3%), Iron: 2.88mg (15.99%), Phosphorus: 153.14mg (15.31%), Vitamin B5: 1.03mg (10.33%), Selenium: 7.08µg (10.11%), Magnesium: 39.48mg (9.87%), Vitamin C: 8.04mg (9.74%), Vitamin B1: 0.13mg (8.53%), Folate: 31.02µg (7.75%), Vitamin B2: 0.11mg (6.51%), Zinc: 0.93mg (6.22%), Copper: 0.12mg (5.99%), Calcium: 54.31mg (5.43%), Vitamin A: 201.19IU (4.02%), Vitamin E: 0.52mg (3.47%), Vitamin B12: 0.19µg (3.21%)