



Lexington Style Grilled Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



10

CALORIES



957 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup t brown sugar dark packed
- ☐ 5 pound irish oats whole
- ☐ 1 cups apple cider vinegar
- ☐ 2 teaspoons pepper
- ☐ 3 tablespoons pepper dried red crushed
- ☐ 4 teaspoons salt
- ☐ 0.3 cup vegetable oil

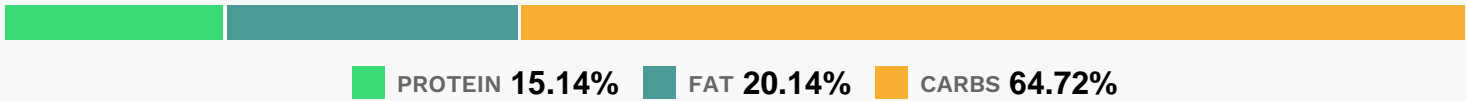
Equipment

☐ grill

Directions

- ☐ Stir together first 6 ingredients until blended.
- ☐ Place half each of vinegar mixture and chicken in a large zip-top plastic freezer bag; seal. Repeat procedure with remaining vinegar mixture and chicken, placing in a separate zip-top plastic freezer bag. Chill chicken at least 2 hours or up to 8 hours, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 40 minutes or until done, turning occasionally.
- ☐ *8 skinned and boned chicken breast halves and 8 skinned and boned chicken thighs may be substituted for whole chickens. Chill in marinade at least 1 to 2 hours, turning occasionally. Grill chicken, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:71.24, Inflammation Score:-5, Nutrition Score:9.8526087560408%

Nutrients (% of daily need)

Calories: 957.3kcal (47.87%), Fat: 21.68g (33.36%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 156.75g (52.25%), Net Carbohydrates: 130.87g (47.59%), Sugar: 5.61g (6.23%), Cholesterol: 0mg (0%), Sodium: 972.37mg (42.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.66g (73.32%), Fiber: 25.88g (103.54%), Iron: 9.94mg (55.22%), Vitamin A: 713.79IU (14.28%), Calcium: 129.9mg (12.99%), Vitamin K: 13.21µg (12.58%), Vitamin E: 1.37mg (9.1%), Manganese: 0.16mg (7.86%), Vitamin B6: 0.05mg (2.68%), Potassium: 77.07mg (2.2%), Copper: 0.03mg (1.73%), Magnesium: 5.97mg (1.49%), Vitamin B3: 0.29mg (1.45%), Vitamin B2: 0.02mg (1.37%)