



## Lexington-Style Grilled Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 5 pound cut-up chickens whole
- ☐ 2 cups cider vinegar
- ☐ 2 teaspoons pepper
- ☐ 3 tablespoons pepper dried red crushed
- ☐ 4 teaspoons salt
- ☐ 0.3 cup vegetable oil

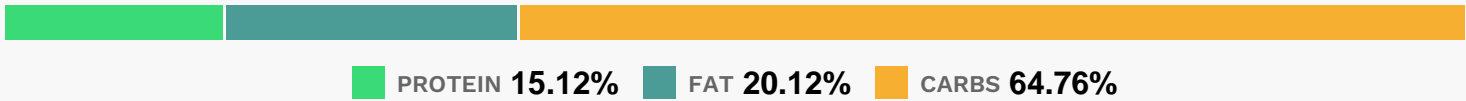
### Equipment

☐ 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:71.33, Inflammation Score:-5, Nutrition Score:10.051739122719%

## Nutrients (% of daily need)

Calories: 962.32kcal (48.12%), Fat: 21.68g (33.36%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 156.97g (52.32%), Net Carbohydrates: 131.09g (47.67%), Sugar: 5.7g (6.33%), Cholesterol: 0mg (0%), Sodium: 973.56mg (42.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.66g (73.32%), Fiber: 25.88g (103.54%), Iron: 9.99mg (55.48%), Vitamin A: 713.79IU (14.28%), Calcium: 131.58mg (13.16%), Vitamin K: 13.21µg (12.58%), Manganese: 0.22mg (10.84%), Vitamin E: 1.37mg (9.1%), Potassium: 94.52mg (2.7%), Vitamin B6: 0.05mg (2.68%), Copper: 0.04mg (1.82%), Magnesium: 7.17mg (1.79%), Vitamin B3: 0.29mg (1.45%), Vitamin B2: 0.02mg (1.37%), Phosphorus: 11.88mg (1.19%)