



## Mr. Floyd's Barbecue Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 teaspoons brown sugar
- ☐ 0.3 cup butter
- ☐ 4 tablespoons mustard dry
- ☐ 4 teaspoons hot sauce red
- ☐ 1 cup water
- ☐ 1 cup citrus champagne vinegar
- ☐ 3 pound meat from a rotisserie chicken whole cut into quarters
- ☐ 4 teaspoons worcestershire sauce

## Equipment

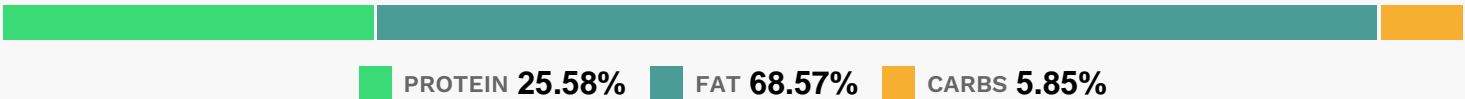
- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Cook first 7 ingredients in a large saucepan over medium heat, stirring occasionally, 15 minutes or until mixture is thoroughly heated.
- ☐ Reserve 1 cup barbecue sauce to serve with chicken.
- ☐ Dip chicken in remaining sauce, and place on grill.
- ☐ Grill chicken according to directions below, basting every 30 minutes by dipping in sauce and returning to grill (do not dip chicken the last 5 minutes of cooking).
- ☐ Place cooked chicken in reserved 1 cup sauce (not marinade), and cover to keep warm until serving.
- ☐ 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: For these methods, we prefer to use a 3-pound chicken whole chicken cut into quarters, which tend to cook more evenly. If using chicken pieces, remove drumsticks and

wings from the grill a little earlier to keep them from burning.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.8565217826677%

### Nutrients (% of daily need)

Calories: 130.07kcal (6.5%), Fat: 9.64g (14.83%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.25g (1.39%), Cholesterol: 30.62mg (10.21%), Sodium: 110.4mg (4.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.19%), Vitamin B3: 2.87mg (14.37%), Selenium: 9.54µg (13.63%), Phosphorus: 77.56mg (7.76%), Vitamin B6: 0.15mg (7.61%), Zinc: 0.65mg (4.34%), Magnesium: 15.83mg (3.96%), Vitamin B5: 0.39mg (3.91%), Iron: 0.69mg (3.82%), Vitamin A: 187.37IU (3.75%), Vitamin B2: 0.06mg (3.39%), Potassium: 112.16mg (3.2%), Manganese: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.69%), Vitamin C: 1.8mg (2.18%), Vitamin B12: 0.13µg (2.17%), Vitamin E: 0.32mg (2.16%), Copper: 0.04mg (1.92%), Calcium: 14.06mg (1.41%), Folate: 5.51µg (1.38%)