



## Orange Soda Grilled Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



105 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 lb roasting chickens whole
- 1 teaspoon coarse salt
- 1 teaspoon brown sugar
- 1 teaspoon chili powder
- 0.3 cup orange marmalade
- 12 oz coca-cola orange-flavored canned
- 0.3 cup orange marmalade
- 1 serving coca-cola

- 2 teaspoons cooking oil

## Equipment

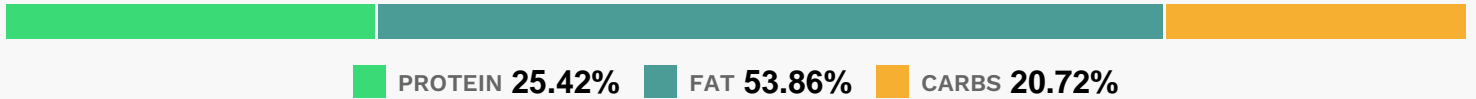
- bowl
- frying pan
- paper towels
- baking pan
- grill
- kitchen thermometer
- microwave
- spatula
- tongs

## Directions

- Heat grill for indirect cooking as directed by manufacturer.
- Remove and discard neck and giblets from chicken cavity. Rinse chicken and pat dry with paper towels.
- In small bowl, combine salt, brown sugar and chili powder; mix well. Rub 1 1/2 teaspoons salt mixture inside chicken.
- Add 1/4 cup marmalade to remaining salt mixture; mix well. Set aside.
- Open beverage can; measure out 2/3 cup beverage. Set aside 3 tablespoons of the beverage and reserve remainder for another use.
- Add 2 teaspoons of the reserved orange-flavored beverage to marmalade mixture, stirring until brushing consistency. Spray outside of half-full can of beverage with nonstick cooking spray; set in shallow baking pan. Carefully set chicken cavity over can, pushing until chicken balances in pan. Rub skin of chicken with oil.
- When ready to grill, use tongs and spatula to remove chicken and can from pan and set on grill for indirect cooking, making sure chicken is balanced. Cover grill. Cook 1 1/4 to 1 1/2 hours or until chicken juices run clear and instant-read thermometer inserted in thickest part of thigh registers 180°F. During last 30 minutes of cooking time, brush chicken with marmalade mixture.

- With thick hot pads and tongs, carefully remove chicken and can from grill to clean bakingpan or platter. Twist can to remove from chicken. Discard any beverage left in can.
- Let stand 5 minutes before carving. In small microwave-safe bowl, combine 1/3 cup marmalade and remaining 2 tablespoons plus 1 teaspoon carbonated beverage; mix well. Microwave on HIGH for 30 seconds or until warm.
- Serve marmalade mixture with chicken.

## Nutrition Facts



### Properties

Glycemic Index:31.5, Glycemic Load:5.14, Inflammation Score:-9, Nutrition Score:23.916086958802%

### Nutrients (% of daily need)

Calories: 786.38kcal (39.32%), Fat: 46.88g (72.12%), Saturated Fat: 12.94g (80.85%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 40.08g (14.58%), Sugar: 36.66g (40.73%), Cholesterol: 249.17mg (83.06%), Sodium: 819.31mg (35.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.82mg (2.27%), Protein: 49.78g (99.57%), Vitamin B3: 18.7mg (93.52%), Vitamin A: 2619.63IU (52.39%), Phosphorus: 489.99mg (49%), Selenium: 34.09µg (48.7%), Vitamin B12: 2.87µg (47.81%), Vitamin B6: 0.95mg (47.34%), Vitamin B2: 0.51mg (30.11%), Vitamin B5: 2.97mg (29.65%), Zinc: 3.77mg (25.12%), Iron: 4.23mg (23.51%), Folate: 79.68µg (19.92%), Potassium: 598.05mg (17.09%), Magnesium: 56.83mg (14.21%), Vitamin B1: 0.17mg (11.64%), Vitamin C: 9.2mg (11.15%), Copper: 0.22mg (11.13%), Calcium: 51.25mg (5.13%), Manganese: 0.1mg (5%), Vitamin E: 0.57mg (3.79%), Fiber: 0.5g (2%), Vitamin K: 1.95µg (1.86%)