



 **100%**
HEALTH SCORE

Rubbed and Sauced Barbecued Baby Chickens

 Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



1295 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup apple-cider vinegar
- 1 tablespoon pepper black freshly ground
- 0.5 cup bourbon
- 1 cup firmly brown sugar packed
- 2 tablespoons brown sugar
- 28 ounce canned tomatoes crushed canned
- 0.5 teaspoon cayenne pepper

- 1 tablespoon celery salt
- 7 pound baby" chickens
- 0.3 cup chile sauce american-style
- 2 teaspoons chili powder
- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- 0.5 cup catsup
- 2 tablespoons kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons blackstrap molasses
- 4 servings olive oil
- 1 tablespoon onion powder
- 1 teaspoon oregano crushed
- 2 tablespoons smoky paprika
- 0.1 cup red wine vinegar
- 2 teaspoons classic bbq rub
- 3 tablespoons sugar
- 1 tablespoon cocoa unsweetened
- 0.3 cup worcestershire sauce

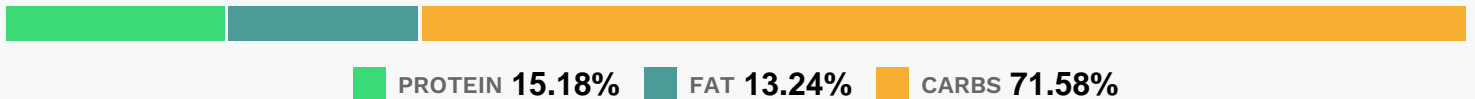
Equipment

- bowl
- grill
- kitchen thermometer
- chefs knife
- poultry shears

Directions

- Build charcoal fire or preheat gas grill. Using poultry shears or a chef's knife, split chicken down the breast bone to cut the chicken in 1/2.
- Brush lightly with olive oil on all surfaces and sprinkle with salt and pepper or Classic BBQ Rub. Set aside.
- Using a rib holder, place the 4 chicken halves vertically skin-side facing out in each of the 4 slots. The chicken in the holder will resemble slices of toast in an old-fashioned toast holder.
- Place the rib/chicken holder in the center of the cooking grate over indirect medium low heat (making sure no heat is directly under the chicken.) Grill for 1 hour, or until chicken registers 185 degrees F in the thickest part of the thigh. After 30 minutes, check the internal temperature with an instant-read thermometer.
- Brush liberally with barbecue sauce during the final 15 to 20 minutes only. If the chicken is sauced too early, it will burn on the outside before the interior meat is cooked through.
- Combine paprika, salt, sugar, brown sugar, cumin, chili powder, pepper, cayenne, onion powder, garlic powder, celery salt and oregano in bowl; mix well. For a smoother rub, puree ingredients in a spice grinder until well combined and all pieces are uniform (the rub will be very fine and tan in color). This step is important if adding to any homemade barbecue sauce.
- Note: Extra rub can be stored in an airtight container for up to six months.

Nutrition Facts



Properties

Glycemic Index:98.61, Glycemic Load:44.68, Inflammation Score:-10, Nutrition Score:71.835217351499%

Flavonoids

Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 1294.52kcal (64.73%), Fat: 18.69g (28.75%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 227.31g (75.77%), Net Carbohydrates: 175.3g (63.75%), Sugar: 140.67g (156.3%), Cholesterol: 0mg (0%), Sodium: 6801.41mg (295.71%), Alcohol: 10.02g (100%), Alcohol %: 1.03% (100%), Protein: 48.21g (96.42%), Vitamin C: 346.1mg (419.52%), Vitamin K: 232.34µg (221.27%), Manganese: 4.36mg (218.22%), Fiber: 52.02g (208.06%), Vitamin B1: 2.32mg (154.65%), Vitamin A: 7275.35IU (145.51%), Folate: 554.58µg (138.64%), Iron: 18.63mg (103.49%), Copper: 2.04mg

(101.82%), Vitamin B3: 20.1mg (100.5%), Phosphorus: 987.93mg (98.79%), Vitamin B6: 1.9mg (94.81%), Magnesium: 362.64mg (90.66%), Potassium: 3138.7mg (89.68%), Vitamin B2: 1.26mg (74.2%), Zinc: 10.96mg (73.05%), Vitamin E: 6.7mg (44.67%), Calcium: 417.8mg (41.78%), Selenium: 19.76µg (28.23%), Vitamin B5: 1.63mg (16.34%)