



Sixteen Spice Smoked Chicken



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 1 teaspoon chili de arbol powder
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 3 pound meat from a rotisserie chicken
- ☐ 1 tablespoon pasilla chili powder
- ☐ 1 teaspoon ground fennel seed
- ☐ 1 teaspoon garlic powder

- ☐ 1 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon onion powder
- ☐ 1 cup hickory wood chips for 10 minutes

Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine all spices in a bowl. Rub the entire chicken with the spice rub, including the cavity, and set aside while you prepare the grill.
- ☐ Set up a charcoal grill for indirect grilling. Throw the soaked wood chips on the hot coals.
- ☐ Place the cover on the grill and adjust the vents holes on the top and bottom to obtain the desired temperature (in this case it should be about 350 degrees F).
- ☐ Place the chicken on the rack of the grill opposite the coals and smoke until the chicken reaches an internal temperature of 160 degrees F, using an instant-read thermometer, about 2 to 2 1/2 hours.
- ☐ Remove from the grill, tent loosely with foil, and let rest 10 minutes before carving.

Nutrition Facts



 PROTEIN **23.09%**  FAT **53.95%**  CARBS **22.96%**

Properties

Glycemic Index:39.58, Glycemic Load:10.08, Inflammation Score:-9, Nutrition Score:25.056521944378%

Nutrients (% of daily need)

Calories: 579.17kcal (28.96%), Fat: 35.26g (54.25%), Saturated Fat: 9.9g (61.9%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 26.19g (9.52%), Sugar: 6.66g (7.4%), Cholesterol: 122.47mg (40.82%), Sodium: 2193.82mg (95.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.92%), Manganese: 3.32mg (165.81%), Vitamin B3: 13.31mg (66.55%), Vitamin A: 2611.45IU (52.23%), Vitamin B6: 0.93mg (46.55%), Selenium: 25.6µg (36.57%), Phosphorus: 329.71mg (32.97%), Fiber: 7.58g (30.33%), Iron: 4.97mg (27.61%), Potassium: 830.99mg (23.74%), Vitamin B2: 0.38mg (22.6%), Vitamin B5: 1.94mg (19.44%), Zinc: 2.78mg (18.52%), Magnesium: 72.63mg (18.16%), Vitamin B1: 0.18mg (11.76%), Copper: 0.21mg (10.59%), Calcium: 105.5mg (10.55%), Vitamin E: 1.53mg (10.19%), Vitamin C: 8.05mg (9.76%), Vitamin K: 9.99µg (9.52%), Vitamin B12: 0.51µg (8.44%), Folate: 32.18µg (8.04%), Vitamin D: 0.33µg (2.18%)