



Smoky Chicken Thighs



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds skin-on chicken thighs bone-in
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup pecan wood chips
- ☐ 0.3 teaspoon salt

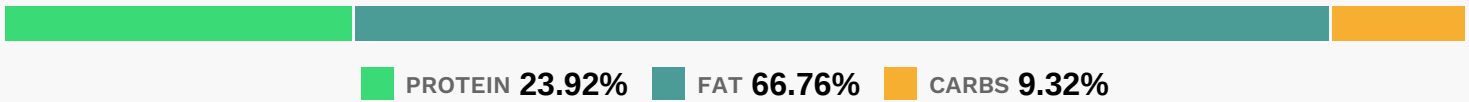
Equipment

- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Soak hickory or pecan wood chips in water at least 30 minutes.
- ☐ Drain.
- ☐ Whisk together basil and next 4 ingredients in a shallow dish; add chicken. Cover and let stand 30 minutes at room temperature.
- ☐ Prepare a hot fire by piling charcoal in center of grill; let burn 15 to 20 minutes or until coals are gray.
- ☐ Place wood chips on charcoal. Spray cold cooking grate with cooking spray; place on grill.
- ☐ Remove chicken from marinade, discarding marinade; arrange chicken on cooking grate, and grill, covered with grill lid, 30 to 40 minutes or until meat thermometer inserted into thickest portion registers 180, turning occasionally.
- ☐ Remove chicken, and let cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:9.8, Inflammation Score:-3, Nutrition Score:22.252608656883%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 819.49kcal (40.97%), Fat: 60.39g (92.9%), Saturated Fat: 16.12g (100.76%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 16.26g (5.91%), Sugar: 0.1g (0.11%), Cholesterol: 283.38mg (94.46%), Sodium: 658.01mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.69g (97.37%), Selenium: 54.43µg (77.75%), Vitamin B3: 14.76mg (73.82%), Vitamin B6: 1.11mg (55.27%), Phosphorus: 503.58mg (50.36%), Vitamin B5:

3.27mg (32.66%), Vitamin B12: 1.85µg (30.84%), Zinc: 3.82mg (25.47%), Potassium: 854.03mg (24.4%), Vitamin B2: 0.4mg (23.61%), Vitamin B1: 0.26mg (17.3%), Magnesium: 66.23mg (16.56%), Iron: 2.76mg (15.36%), Fiber: 2.69g (10.75%), Vitamin K: 10.26µg (9.77%), Manganese: 0.19mg (9.67%), Copper: 0.17mg (8.51%), Vitamin E: 1.12mg (7.47%), Vitamin C: 5.38mg (6.53%), Folate: 22.79µg (5.7%), Vitamin A: 252.18IU (5.04%), Calcium: 30.37mg (3.04%), Vitamin D: 0.29µg (1.93%)