



WHATSheATE



Spicy Crab Boil BBQ Chicken with Cajun Barbeque Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cajun barbeque sauce
- ☐ 2 chickens whole cut into pieces
- ☐ 0.5 cup parsley fresh chopped
- ☐ 12 servings garlic powder
- ☐ 0.5 cup green onions chopped
- ☐ 1 cup spicy crab boil spice mix

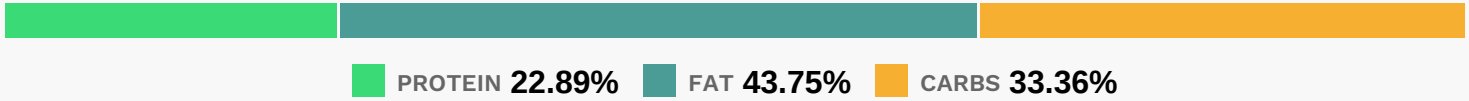
Equipment

- ☐ pot
- ☐ grill

Directions

- ☐ In a large stock pot, bring 1 gallon of water and 1/4 cup of the green onions to a boil.
- ☐ Add crab boil, mix and reduce heat to a slow boil or simmer.
- ☐ Add all chicken pieces and continue to simmer for 8 to 10 minutes. Turn off heat and allow the chicken to soak for 5 to 15 minutes.
- ☐ Strain water.
- ☐ Place chicken on a large tray. Season with a light coating of garlic powder, to taste, and parsley and rub into meat.
- ☐ Place all chicken pieces on grill. Baste chicken with generous portions of sauce, repeat if necessary. Grill until the chicken skin is crispy.
- ☐ This dish is delicious if you have a taste for red pepper and something cold to drink nearby. However, if you are not a fan of peppery foods, I would not suggest this dish for your table.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:28.103478348773%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 417.47kcal (20.87%), Fat: 20.87g (32.11%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 26.53g (9.65%), Sugar: 16.82g (18.69%), Cholesterol: 109.45mg (36.48%), Sodium: 587.57mg (25.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Vitamin K: 173.07µg (164.83%), Manganese: 1.12mg (55.91%), Iron: 9.69mg (53.83%), Vitamin B3: 9.46mg (47.29%), Fiber: 9.27g (37.08%), Vitamin A: 1767.11IU (35.34%), Calcium: 352.14mg (35.21%), Vitamin B6: 0.7mg (35.16%), Vitamin E: 4.04mg (26.95%),

Phosphorus: 264.11mg (26.41%), Selenium: 17.01µg (24.31%), Folate: 88.64µg (22.16%), Magnesium: 88mg (22%),
Vitamin B2: 0.36mg (21.08%), Vitamin B12: 1.26µg (21%), Potassium: 669.58mg (19.13%), Vitamin B5: 1.59mg
(15.92%), Zinc: 2.37mg (15.82%), Copper: 0.26mg (12.93%), Vitamin C: 7.94mg (9.62%), Vitamin B1: 0.14mg (9.23%)