



Tangy Barbecued Chicken



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken halves (1 leg and 1 breast each)
- ☐ 1.5 cups cider vinegar
- ☐ 1.5 tablespoons poultry seasoning
- ☐ 2 tablespoons salt
- ☐ 5 tablespoons vegetable oil

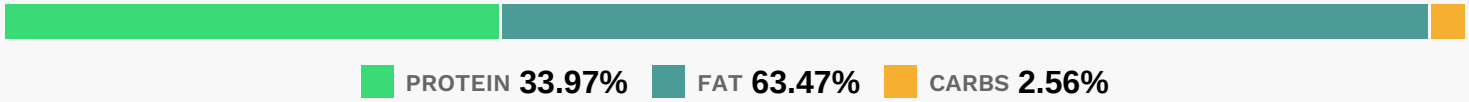
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for indirect medium heat and lightly oil grate.
- ☐ In a small saucepan over medium low heat, combine the vinegar, oil, poultry seasoning and salt. Stir often, until the sauce just starts to bubble.
- ☐ Place the chicken halves on the grill and brush with the sauce, turning them every 7 to 10 minutes.
- ☐ Continue this over indirect medium heat for about 45 minutes, or until internal temperature reaches 180 degrees F (80 degrees F).

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:14.246087206447%

Nutrients (% of daily need)

Calories: 302.53kcal (15.13%), Fat: 20.04g (30.83%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.4g (0.45%), Cholesterol: 72.32mg (24.11%), Sodium: 3624.19mg (157.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.27%), Vitamin B3: 11.83mg (59.15%), Selenium: 36.37µg (51.95%), Vitamin B6: 0.87mg (43.31%), Vitamin K: 43.57µg (41.5%), Phosphorus: 247.04mg (24.7%), Manganese: 0.35mg (17.6%), Vitamin B5: 1.61mg (16.1%), Potassium: 494.51mg (14.13%), Vitamin E: 1.63mg (10.83%), Magnesium: 37.31mg (9.33%), Vitamin B2: 0.12mg (6.82%), Iron: 1.16mg (6.44%), Vitamin B1: 0.08mg (5.09%), Zinc: 0.75mg (4.98%), Vitamin B12: 0.23µg (3.77%), Calcium: 29.02mg (2.9%), Copper: 0.05mg (2.65%), Vitamin C: 1.54mg (1.86%), Folate: 6.59µg (1.65%), Vitamin A: 73.38IU (1.47%)