



The Best Darned Grilled Chicken Ever

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bay leaves
- 5 tablespoons suya seasoning mix (for testing purposes, we used Chef Paul's Meat Magic Seasoning)
- 3 pound chicken cut into 8 pieces
- 0.8 teaspoon pepper flakes dried ()
- 0.8 teaspoon ground allspice
- 1.3 teaspoons ground cardamom
- 1.3 teaspoons ground cinnamon
- 1 tablespoon ground ginger

- 1.3 teaspoons nutmeg
- 1.3 teaspoons savoury
- 1 tablespoon lemon zest grated
- 1 tablespoon lime zest grated
- 1 tablespoon onion powder
- 1 tablespoon soya sauce
- 0.3 cup butter unsalted

Equipment

- bowl
- plastic wrap
- grill

Directions

- Combine first 11 ingredients in a large bowl.
- Remove 1/4 cup mixture, and set aside.
- Add soy sauce to remaining seasoning, and stir well to form a paste.
- Place chicken pieces and bay leaves in a large bowl, and rub chicken evenly with paste. Cover tightly with plastic wrap, and chill 6 to 8 hours.
- Remove chicken from refrigerator about 1 1/2 hours before grilling so it reaches room temperature. Melt butter, and stir in reserved 1/4 cup seasoning mixture. Set aside.
- Prepare a hot fire (400 to 45
- by piling charcoal on one side of grill, leaving other side empty. If using gas grill, light only one side.
- Place chicken pieces over cooler side, and grill, covered with grill lid, 25 minutes for breasts and 30 minutes for thighs and legs.
- Transfer chicken to hot side, and grill, turning several times and basting with reserved butter mixture, until internal temperature reaches 175, about 7 1/2 minutes per side for breasts, 3 1/2 minutes per side for thighs, and 2 1/2 minutes per side for legs.
- Remove from grill, and let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 24.65% FAT 62.43% CARBS 12.92%

Properties

Glycemic Index:48, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:29.378695591636%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 524.32kcal (26.22%), Fat: 37.3g (57.38%), Saturated Fat: 14.83g (92.7%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 8.06g (2.93%), Sugar: 1.33g (1.48%), Cholesterol: 152.97mg (50.99%), Sodium: 374.27mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.27%), Vitamin K: 118.77µg (113.12%), Manganese: 1.74mg (87.03%), Vitamin B3: 12.33mg (61.65%), Iron: 8.97mg (49.82%), Vitamin B6: 0.81mg (40.44%), Fiber: 9.31g (37.23%), Selenium: 25.54µg (36.48%), Calcium: 342.02mg (34.2%), Phosphorus: 288.66mg (28.87%), Vitamin E: 4.23mg (28.18%), Magnesium: 93.53mg (23.38%), Zinc: 2.87mg (19.15%), Vitamin B2: 0.31mg (18.44%), Vitamin A: 920.65IU (18.41%), Potassium: 611.79mg (17.48%), Vitamin B5: 1.72mg (17.2%), Folate: 57.48µg (14.37%), Copper: 0.24mg (11.87%), Vitamin B1: 0.15mg (9.91%), Vitamin C: 7.56mg (9.16%), Vitamin B12: 0.53µg (8.84%), Vitamin D: 0.54µg (3.6%)