



The Deen Brothers' BBQ Chicken

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 3.5 pound meat from a rotisserie chicken cut into 8 pieces
- 0.3 cup brown sugar dark packed
- 1 cup catsup
- 0.3 teaspoon liquid smoke
- 0.5 teaspoon ground mustard dry
- 2 tablespoons orange juice
- 1 teaspoon worcestershire sauce

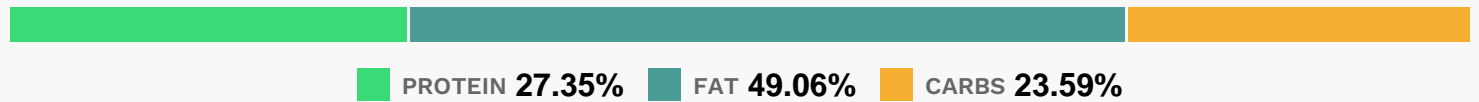
Equipment

- bowl
- oven
- roasting pan
- grill

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F or prepare a grill (brush the grill grate lightly with oil).
- In a large bowl, stir together all ingredients except the chicken. Reserve 1/3 cup of the barbeque sauce; set aside.
- Add the chicken to the remaining sauce in the bowl, turning to coat.
- Arrange the coated chicken in a roasting pan or on the grill. Cook (covered, if grilling) for 40 to 45 minutes or until cooked through, basting with the reserved 1/3 cup sauce after 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:15.660869774611%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 529.09kcal (26.45%), Fat: 28.88g (44.43%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 30.98g (11.27%), Sugar: 27.01g (30.01%), Cholesterol: 142.88mg (47.63%), Sodium: 701.75mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.43%), Vitamin B3: 13.9mg (69.48%), Selenium: 28.57µg (40.81%), Vitamin B6: 0.77mg (38.73%), Phosphorus: 300.98mg (30.1%), Vitamin B2: 0.33mg (19.68%), Vitamin B5: 1.8mg (17.98%), Zinc: 2.63mg (17.51%), Potassium: 580.31mg (16.58%), Vitamin A:

644.79IU (12.9%), Magnesium: 49.38mg (12.35%), Vitamin C: 10.07mg (12.2%), Iron: 2.15mg (11.95%), Vitamin E: 1.5mg (10.01%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.13mg (8.8%), Copper: 0.16mg (7.89%), Manganese: 0.11mg (5.71%), Folate: 20.18µg (5.04%), Vitamin K: 4.8µg (4.57%), Calcium: 44.76mg (4.48%), Vitamin D: 0.38µg (2.54%), Fiber: 0.26g (1.05%)