



The Easiest Barbecued Chicken You'll Ever Make

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 1 teaspoon barbecue smoke seasoning (such as Hickory Liquid Smoke)
- 2 teaspoons pepper black freshly ground
- 4 teaspoons brown sugar
- 1 teaspoon garlic powder
- 5 teaspoons hungarian paprika sweet
- 3 teaspoons kosher salt

- 2 tablespoons olive oil unsalted extra-virgin melted
- 24 ounce chicken breasts boneless skinless

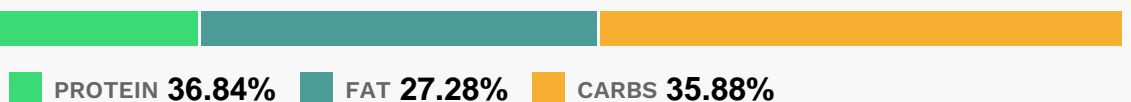
Equipment

- bowl
- whisk
- baking pan
- grill
- kitchen thermometer
- aluminum foil

Directions

- To make rub, place first 5 ingredients in a bowl and combine with your fingers, breaking up lumps in sugar. (You'll need 1 1/2-2 tablespoons rub for this recipe. The excess can be stored in a sealed jar for several weeks.)
- Sprinkle rub over chicken on both sides, rubbing into the meat with your fingers. Arrange chicken in a baking dish. Cover with foil, and refrigerate 20 minutes.
- To make basting mixture, combine oil and smoke seasoning in a small bowl, stirring with a whisk.
- Spread the coals in an even layer to make a single-zone fire. (On a gas grill, you'd simply light the appropriate burner.) Preheat to high. Clean and oil grate.
- Arrange chicken diagonal to bars of grate, and grill 4-6 minutes total per side or until browned and thoroughly heated; begin basting chicken after first 2 minutes of cooking, and baste several times. (If you're feeling ambitious, rotate each breast a quarter-turn after the first 2 minutes to create hatch marks.) Insert an instant-read meat thermometer into thick end of breast through the side--the temperature should be about 16
- Transfer chicken to a platter or plates; serve with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:22.317826006723%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 409.8kcal (20.49%), Fat: 12.31g (18.94%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 34.46g (12.53%), Sugar: 27.94g (31.04%), Cholesterol: 108.86mg (36.29%), Sodium: 2681.82mg (116.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.8%), Vitamin B3: 18.48mg (92.39%), Selenium: 55.89µg (79.84%), Vitamin B6: 1.41mg (70.72%), Phosphorus: 386.31mg (38.63%), Vitamin A: 1480.44IU (29.61%), Vitamin B5: 2.63mg (26.29%), Potassium: 888.66mg (25.39%), Manganese: 0.38mg (19.09%), Vitamin K: 19.41µg (18.49%), Vitamin E: 2.66mg (17.75%), Magnesium: 63.42mg (15.86%), Vitamin B2: 0.25mg (14.48%), Iron: 2.27mg (12.62%), Vitamin B1: 0.14mg (9.41%), Zinc: 1.3mg (8.63%), Fiber: 1.98g (7.9%), Copper: 0.15mg (7.31%), Calcium: 59.59mg (5.96%), Vitamin B12: 0.34µg (5.67%), Vitamin C: 2.65mg (3.21%), Folate: 11.72µg (2.93%), Vitamin D: 0.17µg (1.13%)