



## Triple Play Barbecued Chicken

 Gluten Free  Dairy Free

READY IN



73 min.

SERVINGS



30

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons garlic minced
- 0.5 teaspoon sea salt
- 1 cup catsup
- 2 teaspoons kosher salt
- 0.3 cup juice of lemon fresh
- 0.5 cup lemon-lime carbonated beverage (not diet)
- 1 lemon zest finely grated

- 0.3 cup brown sugar light packed
- 2 tablespoons olive oil extra-virgin
- 2 handfuls hickory wood chips for at least 30 minutes
- 2 teaspoons paprika smoked
- 4 chicken legs whole cut into thighs and drumsticks
- 2 tablespoons whole-grain mustard
- 0.5 cup onion yellow finely chopped

## Equipment

- bowl
- sauce pan
- grill

## Directions

- In a medium saucepan over medium heat, cook the oil, onion, and garlic until golden, about 10 minutes, stirring often.
- Add the rest of the sauce ingredients and stir to combine. Bring the sauce to a simmer, reduce the heat to low, and cook until slightly thickened, 10 to 15 minutes, stirring often.
- In a small bowl mix the rub ingredients.
- Sprinkle the rub evenly all over the chicken pieces.
- Let the chicken stand at room temperature for 20 to 30 minutes before grilling. Prepare the grill for direct and indirect cooking over medium heat. Triple Play Barbecued Chicken
- Brush the cooking grates clean. Grill the chicken, skin side down, over direct medium heat, with the lid closed as much as possible, until golden brown, 8 to 10 minutes, turning occasionally. Move the chicken pieces over indirect medium heat.
- Drain and scatter the wood chips over the lit charcoal or put them in the smoker box of a gas grill, following manufacturer's instructions. Continue to grill the chicken, with the lid closed, for about 20 minutes. Then brush both sides with a thin layer of the sauce and cook until the juices run clear and the meat is no longer pink at the bone, about 15 minutes, occasionally turning and brushing with the sauce.
- Serve warm or at room temperature with the remaining sauce on the side

# Nutrition Facts

PROTEIN 18.25% FAT 50.89% CARBS 30.86%

## Properties

Glycemic Index:6.84, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.9091304430495%

## Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 64.98kcal (3.25%), Fat: 3.75g (5.77%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.91g (1.79%), Sugar: 4.09g (4.54%), Cholesterol: 15.97mg (5.32%), Sodium: 254.57mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Selenium: 3.58µg (5.11%), Vitamin B3: 0.96mg (4.79%), Vitamin B6: 0.08mg (3.98%), Phosphorus: 31.85mg (3.19%), Vitamin A: 123.7IU (2.47%), Vitamin B2: 0.04mg (2.43%), Vitamin E: 0.34mg (2.24%), Potassium: 72.84mg (2.08%), Vitamin C: 1.68mg (2.03%), Zinc: 0.29mg (1.93%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.1µg (1.6%), Manganese: 0.03mg (1.52%), Magnesium: 5.81mg (1.45%), Vitamin K: 1.39µg (1.32%), Iron: 0.23mg (1.28%), Vitamin B1: 0.02mg (1.22%), Copper: 0.02mg (1.08%)