



## Whole Barbecued Chicken

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

READY IN



130 min.

SERVINGS



10

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup original barbecue sauce kraft
- 2 chickens whole (3 lb. each)
- 4 cloves garlic peeled
- 1 tsp penzey's southwest seasoning dried italian
- 2 small lemons cut in half

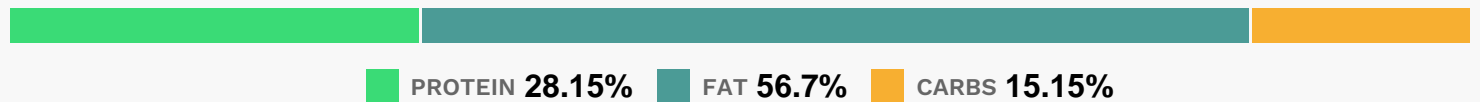
### Equipment

- bowl
- grill

## Directions

- Heat grill for indirect grilling: Light one side of grill, leaving other side unlit. Close lid; heat grill to 350F.
- Trim and discard excess fat from chickens. Squeeze lemon juice into small bowl; reserve lemon halves.
- Add barbecue sauce and seasoning to juice; mix well.
- Place 2 each lemon halves and garlic cloves inside each chicken cavity.
- Place chickens, breast-sides up, on grate over unlit area; cover. Grill 1-1/2 to 2 hours or until chicken is done (165F), turning and brushing occasionally with sauce for the last 20 min.
- Remove and discard lemon halves and garlic from chickens before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:14.044347788977%

## Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 383.01kcal (19.15%), Fat: 23.87g (36.72%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.38g (4.86%), Sugar: 10.05g (11.17%), Cholesterol: 131.34mg (43.78%), Sodium: 400.64mg (17.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.33%), Vitamin B3: 10.02mg (50.12%), Vitamin B6: 0.54mg (27.21%), Vitamin A: 1359.38IU (27.19%), Phosphorus: 263.26mg (26.33%), Selenium: 18.35µg (26.22%), Vitamin B12: 1.51µg (25.2%), Vitamin C: 15.66mg (18.99%), Vitamin B2: 0.28mg (16.69%), Vitamin B5: 1.65mg (16.53%), Iron: 2.49mg (13.84%), Zinc: 2.04mg (13.57%), Potassium: 402.56mg (11.5%), Folate: 43.12µg (10.78%), Magnesium: 35.25mg (8.81%), Vitamin B1: 0.11mg (7.2%), Copper: 0.12mg (6.25%), Manganese: 0.11mg (5.64%), Fiber: 0.96g (3.86%), Calcium: 35.37mg (3.54%), Vitamin E: 0.29mg (1.97%), Vitamin K: 1.65µg (1.58%)