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Atlanta Grilled Chicken ♦♦

Atlanta grilled chicken is a popular dish in the southern United States. It is known for its smoky and tangy flavors, achieved through a combination of grilling and marinating techniques. The chicken is marinated in a mixture of spices, vinegar, and hot sauce, then grilled to perfection. It is often served with a side of coleslaw and cornbread.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Chicken
2 tsp	salt
1 tsp	black pepper
1 tsp	paprika
1 tsp	garlic powder

1 tsp	onion powder
1 tsp	cayenne pepper
4 tbsp	white vinegar
2 tbsp	hot sauce

Directions

Step 1

Mixing

In a small bowl, mix together the salt, black pepper, paprika, garlic powder, onion powder, and cayenne pepper to make the dry rub.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rubbing

Rub the dry rub all over the chicken, making sure to coat it evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, mix together the white vinegar and hot sauce to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Place the chicken in the marinade, making sure it is fully submerged. Cover and refrigerate for at least 2 hours, or overnight for best results.

Prep Time: 120 mins

Cook Time: 0 mins

Step 5

Preheating

Preheat the grill to medium-high heat. Remove the chicken from the marinade and discard the marinade.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Grilling

Grill the chicken for about 10 minutes per side, or until the internal temperature reaches 165°F (74°C).

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Resting

Remove the chicken from the grill and let it rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 215 kcal

Fat: 7 g

Protein: 34 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	34 g	200%	200%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Barbecue

Picnic

Kitchen Tools

Grill Slow Cooker

Course

Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo

Cost

\$30 to \$40

Demographics

Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Zone Diet Vegan Diet Raw Food Diet Lacto-Ovo Vegetarian Diet

Traditional Chinese Medicine (TCM) Diet Low Sodium Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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