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## Barbecued Chicken ♦♦

Barbecued chicken is a popular dish that is typically prepared by grilling chicken pieces and basting them with a tangy barbecue sauce. It is a flavorful and juicy dish that is perfect for outdoor gatherings and summer cookouts.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>1000 g</b>	chicken pieces
<b>1 c</b>	barbecue sauce
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>1 tsp</b>	Garlic powder

1 tsp	Onion powder
1 tsp	Paprika
0.5 tsp	Cayenne pepper

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Seasoning

Season the chicken pieces with salt, pepper, garlic powder, onion powder, paprika, and cayenne pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Grilling

Place the chicken pieces on the grill and cook for about 15-20 minutes per side, or until the internal temperature reaches 165°F (74°C).

**Prep Time:** 0 mins

**Cook Time:** 30 mins

## Step 4

Grilling

Brush the chicken pieces with barbecue sauce during the last 5 minutes of cooking.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 5

Resting

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 30 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Barbecue Picnic

### Kitchen Tools

Slow Cooker Blender Grill

### Meal Type

Breakfast Snack Lunch Dinner

### Diet

Anti-Inflammatory Diet

### Course

Side Dishes Breads Salads Sauces & Dressings

### Cultural

Chinese New Year Diwali Hanukkah Oktoberfest Passover Ramadan

St. Patrick's Day

### Cuisines

American

### Difficulty Level

Easy

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