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Bar-B-Q Chicken ♦

Bar-B-Q Chicken is a popular dish that is often enjoyed at backyard barbecues and cookouts. It is typically made by marinating chicken in a tangy barbecue sauce and then grilling it to perfection. The sauce caramelizes on the chicken, giving it a delicious smoky flavor. Bar-B-Q Chicken is a crowd-pleasing dish that is perfect for any occasion.

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
1 c	barbecue sauce
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Garlic powder

1 tsp	Onion powder
1 tsp	Paprika
1 tsp	Cayenne pepper

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Place the chicken on the grill and cook for 10 minutes per side, or until the internal temperature reaches 165°F (74°C).

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Grilling

Brush the barbecue sauce onto the chicken 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: 240 kcal

Fat: 9 g

Protein: 22 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	22 g	129.41%	129.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	1 g	2.63%	4%
Sugars	14 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	9 g	32.14%	36%
Cholesterol	65 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	360 mg	10.59%	13.85%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	8 mg	72.73%	100%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Events

Barbecue Picnic

Kitchen Tools

Grill

Course

Appetizers Main Dishes Drinks Salads Snacks Sauces & Dressings

Diet

Paleo Diet Vegetarian Diet Pescatarian Diet Lacto-Ovo Vegetarian Diet

Low Sodium Diet

Cooking Method

Baking Simmering Cutting Cut Serving Cooking

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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