

# Roasted Whole Chicken with Delicious Dry Rub

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-dry-rub-baked-roasted-recipe>

## Ingredients:

- 1 1/2 tablespoons brown sugar
- 1 1/2 tablespoons white sugar
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons cayenne pepper
- black pepper to taste
- 1 tablespoon butter softened
- 5 pounds whole chicken or meat of your choice

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 375 milligrams
4. Fat: 20 grams
5. Fiber: 1 grams
6. Protein: 114 grams
7. SaturatedFat: 8 grams
8. Sodium: 450 milligrams
9. Sugar: 8 grams

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