



Ancho-Lime Marinated BBQ Chicken

 Gluten Free  Dairy Free

READY IN



770 min.

SERVINGS



6

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chili powder
- 2 teaspoons pepper black
- 2 chickens whole
- 1 tablespoon garlic minced
- 1 tablespoon ground cumin
- 0.5 cup olive oil light
- 0.5 cup juice of lime
- 2 tablespoons worcestershire sauce

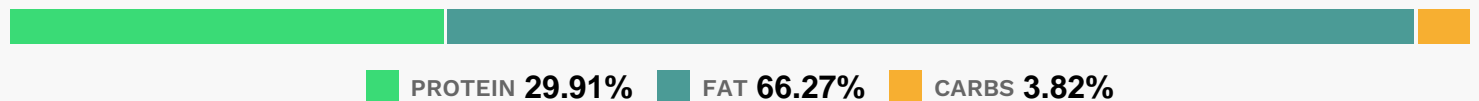
Equipment

- bowl
- frying pan
- whisk
- grill

Directions

- Cut the chickens into legs, thighs, breasts, and wings and place in a large pan.
- Whisk together the remaining ingredients in a small bowl and pour over the chicken. Cover the chicken and refrigerate overnight.
- Preheat the grill.
- Place the chicken pieces on the grill at a 45 degree angle to establish good grill marks. Once the chicken easily releases from the grill, turn it over to continue cooking. Make sure to season the chicken with salt while it's cooking. Once the internal temperature reaches 165 degrees F, or its juices run clear, remove the chicken from the grill.
- Let the chicken rest for 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:24.105651917665%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 598.3kcal (29.92%), Fat: 43.6g (67.07%), Saturated Fat: 11.81g (73.84%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.14g (1.27%), Cholesterol: 218.89mg (72.96%), Sodium: 295.54mg

(12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.27g (88.55%), Vitamin B3: 16.8mg (83.99%), Vitamin A: 2967.35IU (59.35%), Vitamin B6: 0.9mg (45.04%), Phosphorus: 442.28mg (44.23%), Selenium: 30.39µg (43.42%), Vitamin B12: 2.52µg (42%), Vitamin B2: 0.48mg (28.04%), Iron: 5.04mg (27.99%), Vitamin B5: 2.66mg (26.59%), Zinc: 3.47mg (23.14%), Potassium: 651.92mg (18.63%), Folate: 69.65µg (17.41%), Vitamin C: 13.41mg (16.25%), Magnesium: 59.82mg (14.95%), Manganese: 0.26mg (12.92%), Vitamin B1: 0.18mg (11.7%), Copper: 0.22mg (10.88%), Vitamin E: 1.63mg (10.84%), Vitamin K: 6.33µg (6.03%), Calcium: 57.85mg (5.79%), Fiber: 1.31g (5.24%)