



Buffalo Style Grilled French Cut Chicken Breasts with Blue Cheese Sauce and Jicama and Watermelon Salad

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



1053 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 teaspoons ancho chili powder
- 1 cup cheese blue crumbled (recommended: Cabrales)
- 4 servings canola oil
- 4 french-cut chicken breasts
- 0.5 cup crème fraîche
- 2 cloves garlic chopped

- 2 tablespoons ground cumin (8 teaspoons)
- 1 teaspoon ground pepper black
- 0.5 cup heavy cream
- 2 tablespoons honey
- 0.5 cup hot sauce (recommended: Frank's)
- 1 jicama cut into matchstick pieces
- 4 servings kosher salt
- 0.3 cup lime zest fresh
- 0.3 cup roughly torn mint leaves fresh
- 0.5 cup orange zest fresh
- 0.3 cup parsley whole chopped for garnish
- 4 servings salt and pepper black freshly ground
- 1 stick butter unsalted
- 4 cups watermelon in 2-inch chunks

Equipment

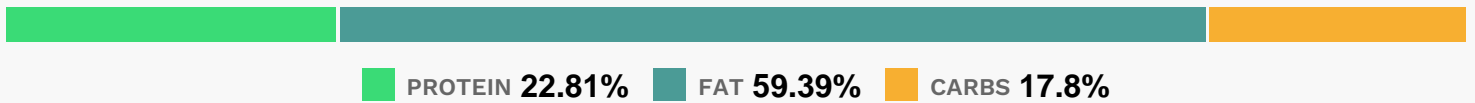
- bowl
- sauce pan
- whisk
- grill

Directions

- Watch how to make this recipe.
- Preheat the grill to medium; make sure the grill is ready for cooking over indirect heat. Melt butter in medium saucepan over medium heat.
- Add the garlic and cook for 1 minute.
- Whisk in the 2 tablespoons ancho powder and heat for 10 seconds. Stir in hot sauce and honey and season with salt and pepper.
- Remove about 1/4 cup for garnish, and keep both portions warm.

- Season each side of the chicken breasts with 1 teaspoon each ancho powder, and cumin, and the salt and pepper.
- Drizzle canola oil over the both sides. Grill skin side down over medium heat, uncovered, until the skin is nicely charred.
- Flip the chicken, moving it to indirect heat, and brush with a good amount of the hot sauce glaze. Cover and cook, brushing occasionally with sauce, until cooked through, about 5 minutes.
- Whisk together the heavy cream and creme fraiche in a medium bowl. Stir in the parsley and blue cheese and season with salt and pepper. When chicken is done, remove from the grill and spoon blue cheese sauce over each piece.
- Drizzle the 1/4 cup reserved glaze over and garnish with whole parsley leaves.
- Serve with Jicama and Watermelon Salad.
- Whisk together juices, honey, pepper and salt in a large bowl.
- Add the jicama, watermelon and mint and toss to coat.

Nutrition Facts



Properties

Glycemic Index:87.98, Glycemic Load:15.75, Inflammation Score:-10, Nutrition Score:47.798260937566%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 5.44mg, Hesperetin: 5.44mg, Hesperetin: 5.44mg, Hesperetin: 5.44mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1052.57kcal (52.63%), Fat: 70.66g (108.71%), Saturated Fat: 33.13g (207.08%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 36.43g (13.25%), Sugar: 26.69g (29.65%), Cholesterol: 281.27mg (93.76%), Sodium: 1740.45mg (75.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.05g (122.1%), Vitamin B3: 25.54mg (127.7%), Vitamin C: 98.18mg (119%), Selenium: 82.56µg (117.95%), Vitamin B6: 2.1mg (105.13%), Vitamin A: 4368.07IU (87.36%), Vitamin K: 82.99µg (79.04%), Phosphorus: 743.71mg (74.37%), Potassium: 1727.08mg

(49.35%), Vitamin B5: 4.76mg (47.64%), Fiber: 11.23g (44.91%), Vitamin E: 6.58mg (43.86%), Vitamin B2: 0.65mg (38.38%), Calcium: 344.83mg (34.48%), Magnesium: 136.57mg (34.14%), Iron: 5.8mg (32.25%), Manganese: 0.55mg (27.42%), Zinc: 3.32mg (22.15%), Vitamin B1: 0.33mg (22.13%), Folate: 73.65µg (18.41%), Copper: 0.36mg (17.84%), Vitamin B12: 1.02µg (17%), Vitamin D: 1.29µg (8.63%)