



Chicken Inasal

 Gluten Free

READY IN



157 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons achiote seeds
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons canola oil
- ☐ 1.3 pounds skin-on chicken drumsticks
- ☐ 1.3 pounds chicken thighs
- ☐ 0.5 cup cider vinegar

- ☐ 3 tablespoons cider vinegar
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 3 garlic cloves chopped
- ☐ 4 garlic cloves
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup lemongrass fresh peeled chopped
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 0.5 cup orange juice fresh
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

Equipment

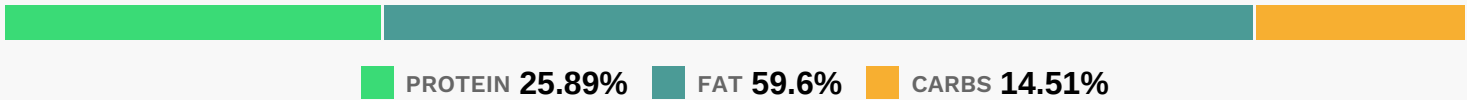
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Heat a small skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat. Stir in annatto seeds, and remove from heat.
- ☐ Let stand 15 minutes. Discard annatto seeds, reserving oil in pan.
- ☐ Place lemongrass and next 9 ingredients (through garlic) in a blender; process until finely chopped.

- ☐ Pour mixture into large zip-top plastic bag; add annatto oil and chicken pieces. Seal bag, and marinate in refrigerator at least 2 hours or up to 8 hours.
- ☐ Preheat grill to high.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill 19 to 20 minutes, turning occasionally.
- ☐ While chicken cooks, place a small skillet over medium-low heat; add honey and butter, and cook 5 minutes or until butter melts. Baste chicken with honey-butter mixture. Cook chicken 5 minutes or until done, turning and basting frequently with honey-butter mixture.
- ☐ Combine cider vinegar and remaining ingredients in small bowl, stirring until sugar and salt dissolve.
- ☐ Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:109.59, Glycemic Load:8.47, Inflammation Score:-5, Nutrition Score:22.713478259418%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 5.91mg, Hesperetin: 5.91mg, Hesperetin: 5.91mg, Hesperetin: 5.91mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 647.94kcal (32.4%), Fat: 42.48g (65.36%), Saturated Fat: 11.04g (69%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 22.63g (8.23%), Sugar: 15.31g (17.01%), Cholesterol: 233.81mg (77.94%), Sodium: 891.36mg (38.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.52g (83.04%), Selenium: 46.15µg (65.93%), Vitamin B3: 11.64mg (58.19%), Vitamin B6: 0.93mg (46.58%), Manganese: 0.92mg (45.78%), Phosphorus: 429.92mg (42.99%), Vitamin C: 24.21mg (29.35%), Zinc: 4.07mg (27.15%), Vitamin B5: 2.6mg (25.97%), Vitamin B2: 0.41mg (24.06%), Vitamin B12: 1.44µg (23.92%), Potassium: 777.85mg (22.22%), Magnesium: 68.77mg (17.19%), Iron: 2.97mg (16.49%), Vitamin B1: 0.24mg (16.03%), Vitamin E: 1.96mg (13.07%), Vitamin K: 11.42µg (10.88%), Copper: 0.22mg (10.86%), Folate: 34.03µg (8.51%), Vitamin A: 381.46IU (7.63%), Calcium: 54.26mg (5.43%), Fiber: 0.65g (2.6%),

Vitamin D: 0.24µg (1.58%)