



HEALTH SCORE

55%

Chicken Marinated in Garlic, Chilies and Citrus Juices



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.3 pound roasting chickens halved
- ☐ 1 tablespoon chipotle sauce canned minced
- ☐ 6 garlic clove crushed
- ☐ 2 tablespoons ancho chili powder
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 1 onion chopped

- ☐ 0.3 cup orange juice
- ☐ 0.3 cup pepper flakes

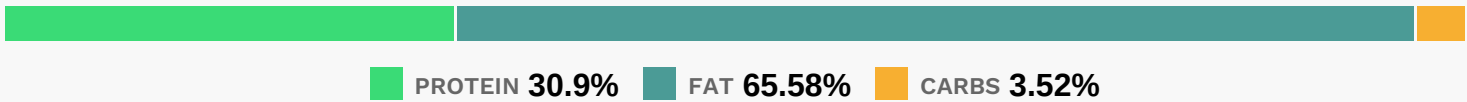
Equipment

- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ grill

Directions

- ☐ Whisk oil, orange and lime juices, ground and canned chilies and garlic in 15x10x2-inch baking dish to blend.
- ☐ Mix in onion.
- ☐ Add chicken halves and turn to coat. Cover and refrigerate at least 4 hours or overnight, turning occasionally.
- ☐ Prepare barbecue (medium heat).
- ☐ Remove chicken halves from marinade.
- ☐ Sprinkle with salt and pepper. Grill until chicken is cooked through, turning occasionally, about 40 minutes.
- ☐ *Ground pasilla and ancho chilies are found in the spice section of some supermarkets. If unavailable, use dried pasilla and ancho chilies, sold in Latin American markets, specialty foods stores and some supermarkets. Seed and stem chilies and finely grind in spice grinder, blender or coffee grinder.
- ☐ **Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:38.555652203767%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 1040.25kcal (52.01%), Fat: 74.57g (114.72%), Saturated Fat: 20.69g (129.33%), Carbohydrates: 9g (3%), Net Carbohydrates: 6.83g (2.48%), Sugar: 3.68g (4.09%), Cholesterol: 391.55mg (130.52%), Sodium: 362.22mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.06g (158.13%), Vitamin B3: 29.76mg (148.8%), Vitamin A: 4721.52IU (94.43%), Vitamin B6: 1.61mg (80.65%), Phosphorus: 775.58mg (77.56%), Selenium: 53.93µg (77.04%), Vitamin B12: 4.51µg (75.12%), Vitamin B2: 0.82mg (48.41%), Vitamin B5: 4.75mg (47.55%), Zinc: 6.04mg (40.26%), Vitamin C: 32.13mg (38.95%), Iron: 6.91mg (38.39%), Folate: 129.28µg (32.32%), Potassium: 1042.69mg (29.79%), Magnesium: 96.82mg (24.21%), Vitamin B1: 0.31mg (20.61%), Copper: 0.33mg (16.64%), Manganese: 0.26mg (12.88%), Vitamin E: 1.61mg (10.75%), Fiber: 2.17g (8.67%), Calcium: 67.81mg (6.78%), Vitamin K: 6.06µg (5.77%)