



## Chicken Piri-Piri

READY IN



45 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 lb butter
- 2 chickens cut into 8 pieces
- 8 servings piri-piri marinade
- 8 servings lemon wedges

### Equipment

- bowl
- frying pan
- grill

- aluminum foil
- tongs

## Directions

- Rinse chicken and pat dry; trim off and discard excess fat. Put chicken in a large bowl. Stir piri-iri marinade, pour over chicken, and turn pieces to coat. Cover and chill at least 4 hours or up to 1 day, turning chicken occasionally.
- With tongs, lift chicken from marinade, drain well, and lay on a barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds; keep a spray bottle of water handy to douse any flare-ups); close lid on gas grill. Cook, turning occasionally, until skin is well browned and meat at bone is no longer pink (cut to test), 35 to 40 minutes total; brush occasionally with marinade until about 10 minutes before chicken is done. As pieces are done, transfer to a platter and cover loosely with foil to keep warm.
- Pour remaining marinade into a 1 1/2- to 2-quart pan over medium-low heat. Stirring occasionally, bring mixture to a simmer; adjust heat to maintain simmer.
- Add butter and stir until melted and incorporated; turn heat to low and stir occasionally until ready to serve.
- Pour sauce into a small bowl or pitcher.
- Garnish chicken with lemon wedges and serve with sauce.

## Nutrition Facts

**PROTEIN 26.1%** **FAT 73.41%** **CARBS 0.49%**

## Properties

Glycemic Index:9.44, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:15.526956518707%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 510.2kcal (25.51%), Fat: 41.01g (63.09%), Saturated Fat: 15.7g (98.15%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.31g (0.35%), Cholesterol: 194.65mg (64.88%), Sodium: 241.77mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.62%), Vitamin B3: 12.28mg (61.38%), Vitamin A: 1963.69IU (39.27%), Vitamin B12: 1.91µg (31.9%), Phosphorus: 318.54mg (31.85%), Selenium: 22.29µg (31.84%), Vitamin B6: 0.61mg (30.6%), Vitamin B5: 1.96mg (19.63%), Vitamin B2: 0.33mg (19.5%), Zinc: 2.46mg (16.38%), Iron: 2.62mg (14.58%), Folate: 50.17µg (12.54%), Potassium: 379.49mg (10.84%), Magnesium: 36.63mg (9.16%), Vitamin B1: 0.11mg (7.58%), Vitamin C: 5.11mg (6.2%), Copper: 0.11mg (5.75%), Manganese: 0.05mg (2.59%), Calcium: 22.75mg (2.28%), Vitamin E: 0.33mg (2.2%)