



Chicken with Tangerine, Honey, and Chipotle Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.8 pound meat from a rotisserie chicken quartered
- ☐ 2 teaspoons chipotle chiles in adobo sauce canned minced
- ☐ 1 teaspoon coarse kosher salt
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons ginger fresh minced peeled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 tablespoons thyme leaves fresh chopped

- ☐ 5 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 1 cup orange juice fresh
- ☐ 2 tablespoons orange peel finely grated
- ☐ 0.3 cup soya sauce
- ☐ 2 cups tangerine juice fresh
- ☐ 3 tablespoons unseasoned rice vinegar

Equipment

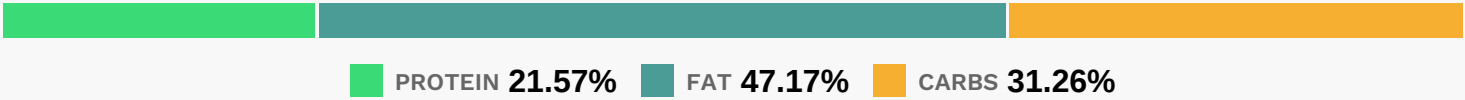
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Boil juice, honey, and soy sauce in heavy medium saucepan until reduced to 2/3 cup, about 20 minutes.
- ☐ Mix in grated peel and chipotle chiles.
- ☐ Whisk first 9 ingredients in 13x9x2-inch glass baking dish to blend.
- ☐ Add chicken; turn to coat with marinade. Cover; chill at least 2 hours and up to 1 day, turning occasionally.
- ☐ Spray grill rack with nonstick spray and prepare barbecue (medium-low heat).
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Sprinkle chicken lightly with salt. Grill chicken until cooked through, turning and repositioning occasionally for even cooking, about 20 minutes.
- ☐ Brush chicken all over with glaze; grill 2 minutes longer on each side.
- ☐ Transfer chicken to platter.
- ☐ Serve, passing remaining glaze separately.
- ☐ *Chipotle chiles are dried, smoked jalapeños canned in a spicy tomato sauce, which is sometimes called adobo. They are available at some supermarkets, specialty foods stores,

and Latin markets.

Nutrition Facts



Properties

Glycemic Index:60.32, Glycemic Load:11.81, Inflammation Score:-10, Nutrition Score:24.129565467005%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 31.7mg, Hesperetin: 31.7mg, Hesperetin: 31.7mg, Hesperetin: 31.7mg Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg, Apigenin: 10.91mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 570.21kcal (28.51%), Fat: 30.11g (46.32%), Saturated Fat: 7.51g (46.91%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 42.75g (15.55%), Sugar: 40.45g (44.95%), Cholesterol: 112.26mg (37.42%), Sodium: 1504.09mg (65.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.96%), Vitamin C: 76.75mg (93.03%), Vitamin K: 92.6µg (88.19%), Vitamin B3: 11.21mg (56.06%), Vitamin B6: 0.68mg (33.77%), Selenium: 22.21µg (31.73%), Vitamin A: 1451.57IU (29.03%), Phosphorus: 277.87mg (27.79%), Potassium: 752.24mg (21.49%), Iron: 3.59mg (19.92%), Vitamin B5: 1.74mg (17.41%), Vitamin B2: 0.28mg (16.76%), Magnesium: 65.38mg (16.35%), Manganese: 0.31mg (15.72%), Zinc: 2.32mg (15.47%), Vitamin B1: 0.22mg (14.44%), Vitamin E: 1.79mg (11.93%), Copper: 0.2mg (10.13%), Calcium: 90.16mg (9.02%), Fiber: 2.15g (8.6%), Folate: 33.65µg (8.41%), Vitamin B12: 0.46µg (7.73%), Vitamin D: 0.3µg (2%)