



Chimichurri 'Cued Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



673 kcal

SAUCE

Ingredients

- 4 small bay leaves
- 2 teaspoons chili powder
- 0.5 cup basil fresh finely chopped
- 0.5 cup flat-leaf parsley fresh finely chopped
- 9 garlic cloves chopped
- 4 servings chimichurri sauce
- 3 tablespoons olive oil
- 4 servings olive oil for brushing grill

- 2 tablespoons orange zest
- 0.5 cup oregano fresh finely chopped
- 0.5 teaspoon freshly cracked pepper black
- 1 poblano chile coarsely chopped
- 1 teaspoon sea salt
- 1 serrano chile coarsely chopped
- 0.3 cup sherry vinegar
- 1 meat from a rotisserie chicken whole cut into 8 pieces

Equipment

- bowl
- whisk
- blender
- grill
- kitchen thermometer

Directions

- Rub chicken with pepper. In a bowl, combine orange zest, chili powder, and salt. Rub evenly over chicken.
- Let stand at room temperature 30 minutes.
- Preheat grill.
- For the Chimichurri Sauce, process garlic, bay leaves, chiles, salt, and 1/4 cup vinegar in a blender; process until a paste forms, scraping down sides as needed.
- Transfer to a bowl, and stir in parsley, oregano, and basil.
- Whisk in remaining 2 tablespoons vinegar, oil and 2 tablespoons hot water until well-combined. Keep at room temperature until serving. (Sauce can be stored in the refrigerator in an airtight container up to 3 days.)
- Lightly brush grill rack with oil.
- Place the chicken, skin side down, on grill, and cook, turning occasionally, for 20 minutes or until well-browned on all sides and the internal temperature reaches 165 when tested with a

meat thermometer. Arrange the chicken on a platter, and serve Chimichurri Sauce on the side.

Remove skin before eating chicken.

Nutrition Facts

PROTEIN 22.1% **FAT 71.84%** **CARBS 6.06%**

Properties

Glycemic Index:44.75, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:27.860434532166%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 672.53kcal (33.63%), Fat: 53.77g (82.73%), Saturated Fat: 11.75g (73.43%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.46g (1.62%), Cholesterol: 142.83mg (47.61%), Sodium: 752.94mg (32.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.22g (74.44%), Vitamin K: 194.32µg (185.06%), Vitamin B3: 13.72mg (68.58%), Vitamin C: 44.61mg (54.07%), Vitamin B6: 0.93mg (46.36%), Selenium: 28.92µg (41.32%), Vitamin E: 5.79mg (38.62%), Vitamin A: 1600.12IU (32%), Phosphorus: 317.07mg (31.71%), Manganese: 0.6mg (29.97%), Iron: 5.18mg (28.8%), Zinc: 2.94mg (19.63%), Vitamin B5: 1.92mg (19.24%), Vitamin B2: 0.3mg (17.63%), Potassium: 605.54mg (17.3%), Fiber: 4.3g (17.22%), Magnesium: 68.26mg (17.07%), Calcium: 159.36mg (15.94%), Vitamin B1: 0.17mg (11.33%), Folate: 44.01µg (11%), Copper: 0.21mg (10.62%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)