



Chipotle Grilled Chicken Thighs with Spicy Tomatillo Sauce

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted halved
- 6 servings pepper black freshly ground
- 1.3 teaspoons chipotle chili powder
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 medium garlic clove
- 2 teaspoons granulated sugar
- 2 teaspoons ground coriander

- 1 teaspoon kosher salt
- 3 tablespoons juice of lime freshly squeezed (from)
- 1 serrano chiles stemmed
- 2 pounds chicken thighs boneless skinless
- 0.5 pound tomatillos dried washed
- 6 servings vegetable oil for coating the vegetables and grill
- 0.5 medium onion white separated halved
- 10 inch frangelico for 30 minutes to avoid burning on the grill)
- 10 inch frangelico for 30 minutes to avoid burning on the grill (soak the wooden skewer in water)

Equipment

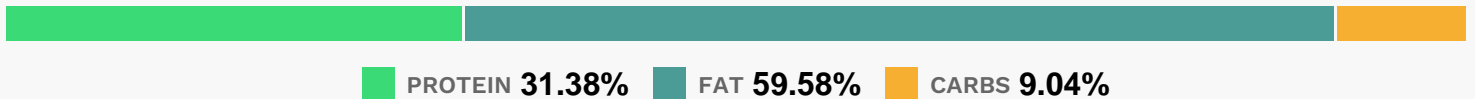
- bowl
- blender
- grill
- kitchen thermometer
- aluminum foil
- spatula
- skewers
- cutting board
- pastry brush

Directions

- Heat an outdoor grill to medium high (about 375°F to 425°F) and rub the grill grate with a towel dipped in vegetable oil. Have a pastry brush and a small bowl of oil ready. Thread the onion slices onto the skewer, leaving 1/4 inch of space in between the pieces.
- Brush the onion slices with oil.
- Place the skewer and the whole tomatillos on the grill, cover the grill, and cook until the onion pieces are slightly softened and charred, turning the skewer halfway through, and the tomatillos are charred on all sides, turning occasionally, about 10 minutes total.

- Remove everything to a large dish. Halfway through the tomatillo and onion cooking time, brush the cut sides of the avocado halves with oil, place them on the grill cut-side down, and cover the grill. Cook the avocado halves until slightly softened and grill marks appear, about 3 to 4 minutes.
- Remove to the dish with the tomatillos and onions and let cool. Meanwhile, grill the chicken. Rub the grill grate again with a towel dipped in oil.
- Place the chicken on the grill and cover the grill. Cook, flipping once, until a crust and grill marks have formed and an instant-read thermometer registers 160°F, about 15 to 20 minutes total.
- Remove to a cutting board, tent with foil, and let rest while you finish the sauce. Using a spoon, scoop out the avocado flesh and place it in a blender.
- Remove the onion slices from the skewer and add to the blender.
- Add the tomatillos, cilantro, lime juice, garlic clove, chile, and measured salt and season to taste with pepper. Blend until just smooth, about 1 minute, scraping down the sides of the blender with a rubber spatula as needed. Taste and season with additional salt and pepper as needed.
- Serve with the chicken.

Nutrition Facts



Properties

Glycemic Index: 38.52, Glycemic Load: 1.43, Inflammation Score: -5, Nutrition Score: 18.839565266734%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 384.74kcal (19.24%), Fat: 25.74g (39.59%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.63g (4.04%), Cholesterol: 143.64mg (47.88%), Sodium: 533.08mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.5g (61.01%), Selenium: 34.9µg (49.86%), Vitamin B3: 9.84mg (49.2%), Vitamin K: 44.55µg (42.43%), Vitamin B6: 0.82mg (40.78%), Phosphorus: 324.34mg (32.43%), Vitamin B5: 2.37mg (23.72%), Vitamin B2: 0.34mg (19.83%), Potassium: 684.06mg (19.54%), Zinc: 2.68mg (17.88%), Vitamin E: 2.46mg (16.42%), Vitamin B12: 0.97µg (16.13%), Fiber: 3.67g (14.68%), Magnesium: 57.14mg (14.29%), Vitamin C: 11.69mg (14.17%), Vitamin B1: 0.19mg (12.41%), Iron: 1.88mg (10.47%), Copper: 0.2mg (10.05%), Folate: 39.25µg (9.81%), Manganese: 0.19mg (9.52%), Vitamin A: 325.71IU (6.51%), Calcium: 31.84mg (3.18%)