



Chipotle-Lime Grilled Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 0.8 teaspoon salt
- ☐ 6 large chicken thighs boneless skinless ()
- ☐ 2.5 tablespoons all the tabasco sauce you handle

Equipment

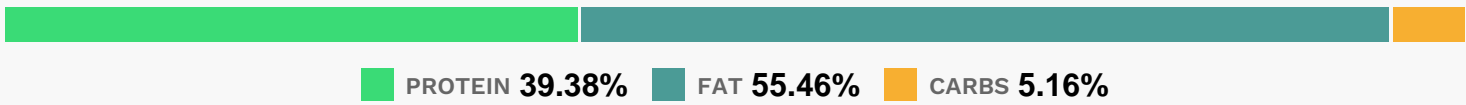
- ☐ grill

- ☐ measuring cup
- ☐ grill pan

Directions

- ☐ Prepare grill for cooking over direct heat with medium-hot charcoal (moderate heat for gas).
- ☐ While coals are lighting, stir together lime juice, oil, Tabasco, and salt in a liquid-measuring cup. Put chicken in a large sealable bag and add 1/3 cup marinade (reserve remainder in cup). Seal bag, forcing out excess air, and marinate chicken at room temperature, about 15 minutes. Stir honey into remaining marinade until dissolved to make sauce.
- ☐ Grill chicken (discarding marinade in bag) on lightly oiled grill rack, covered only if using a gas grill, turning chicken over occasionally and moving it to avoid flare-ups if necessary, until just cooked through, 8 to 10 minutes total.
- ☐ Brush both sides of chicken with some of reserved sauce, then continue to grill, turning over once, until lightly browned, about 1 minute more.
- ☐ Serve chicken drizzled with remaining sauce.
- ☐ Cooks' note
- ☐ If you aren't able to grill outdoors, chicken can be cooked in batches in a hot, lightly oiled, well-seasoned large (2-burner) ridged grill pan over moderate heat, about 15 minutes (before brushing with sauce).

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:9.9386956406676%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 224.24kcal (11.21%), Fat: 13.67g (21.03%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.81g (1.02%), Sugar: 2.15g (2.39%), Cholesterol: 107.35mg (35.78%), Sodium: 534.89mg (23.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.68%), Selenium: 25.57µg (36.53%), Vitamin B3: 6.34mg (31.71%), Vitamin B6: 0.52mg (25.79%), Phosphorus: 213.41mg (21.34%), Vitamin B5: 1.38mg (13.76%), Vitamin B2: 0.21mg (12.17%), Vitamin B12: 0.72µg (12.05%), Zinc: 1.74mg (11.58%), Vitamin E: 1.53mg (10.19%), Vitamin C: 7.09mg (8.59%), Potassium: 297.81mg (8.51%), Vitamin K: 8.89µg (8.46%), Vitamin B1: 0.11mg (7.08%), Magnesium: 27.12mg (6.78%), Iron: 1mg (5.57%), Copper: 0.07mg (3.43%), Folate: 5.9µg (1.48%), Manganese: 0.03mg (1.26%), Calcium: 12.43mg (1.24%)