



Chipotle-Mango Barbecue Chicken With Cilantro Chimichurri

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



1011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon agave syrup
- 1.5 tablespoons canola oil plus more for the grill
- 3 chipotle chile peppers in adobo sauce
- 0.5 cup flat-leaf parsley leaves fresh
- 1.3 cups cilantro leaves fresh loosely packed chopped
- 1.5 cups cilantro leaves fresh
- 3 cloves garlic minced

- 4 cloves garlic
- 1 cup grapeseed oil
- 6 servings kosher salt and freshly cracked pepper
- 3 tablespoons juice of lemon fresh
- 0.3 cup juice of lime fresh
- 3 mangoes pitted peeled chopped
- 3 tablespoons rice vinegar (not seasoned)
- 2 scallions white roughly chopped
- 5 pounds skin-on mixed bone-in

Equipment

- food processor
- sauce pan
- grill
- ziploc bags

Directions

- Put the mangoes, cilantro, chipotles, adobo sauce, vinegar, garlic, lemon juice, canola oil, 1 tablespoon salt and 1 teaspoon pepper in a food processor and puree until smooth. Adjust the seasoning to taste.
- Toss the chicken with half of the mango mixture in a resealable plastic bag and massage to coat the chicken with the sauce. Refrigerate at least 6 hours to marinate.
- Put the other half of the mango mixture in a small saucepan and simmer over low heat until thick, stirring often, about 15 minutes. Season with salt. Set some of the simmered mango sauce aside for serving and use the rest for basting.
- Preheat a grill to medium and brush with canola oil.
- Remove the chicken from the marinade, brushing off the excess marinade so it doesn't burn, and put on the grill. Grill the chicken, turning, until cooked through, about 30 minutes, basting with the simmered mango sauce during the last 5 minutes.
- Combine the cilantro, parsley, scallions, garlic, grapeseed oil, agave, lime juice, and salt and pepper to taste in a food processor and pulse to roughly chop. Continue processing until the

sauce is finely chopped but not smooth (it shouldn't be a puree). Set aside at least 15 minutes before serving.

Transfer the chicken to a platter and serve with the chimichurri and the reserved mango sauce.

Photograph by Kat Teutsch

Nutrition Facts

PROTEIN 24.96% **FAT 66.15%** **CARBS 8.89%**

Properties

Glycemic Index:59.79, Glycemic Load:7.82, Inflammation Score:-9, Nutrition Score:38.524347906527%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Eriodictyol: 0.59mg Hesperetin: 1.99mg, Hesperetin: 1.99mg, Hesperetin: 1.99mg, Hesperetin: 1.99mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 1010.84kcal (50.54%), Fat: 74.08g (113.97%), Saturated Fat: 17.99g (112.46%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 19.38g (7.05%), Sugar: 16.41g (18.23%), Cholesterol: 370.43mg (123.48%), Sodium: 493.87mg (21.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.91g (125.81%), Vitamin K: 128.29µg (122.18%), Selenium: 71.98µg (102.83%), Vitamin B3: 18.47mg (92.36%), Vitamin B6: 1.49mg (74.61%), Vitamin C: 54.36mg (65.89%), Phosphorus: 627.32mg (62.73%), Vitamin A: 2376.82IU (47.54%), Vitamin B5: 4.15mg (41.52%), Vitamin B12: 2.42µg (40.32%), Vitamin B2: 0.57mg (33.38%), Zinc: 4.98mg (33.18%), Vitamin E: 4.73mg (31.51%), Potassium: 1059.54mg (30.27%), Magnesium: 89.61mg (22.4%), Vitamin B1: 0.33mg (22.23%), Iron: 3.46mg (19.21%), Folate: 73.66µg (18.42%), Copper: 0.35mg (17.5%), Fiber: 3.02g (12.08%), Manganese: 0.24mg (11.88%), Calcium: 65.13mg (6.51%), Vitamin D: 0.38µg (2.52%)