



WHATSheATE



Cumin-Crusted Chicken Thighs with Grilled Tomatillo Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 skin-on chicken thighs bone-in
- ☐ 0.3 cup canola oil (2 fl oz/60 ml)
- ☐ 0.5 cup cilantro leaves fresh chopped ()
- ☐ 1 jalapeño chile halved lengthwise seeded
- ☐ 4 servings kosher salt
- ☐ 0.3 cup juice of lime fresh (2 fl oz/60 ml)
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup cumin crust rub (1 oz/30 g)
- ☐ 7 large tomatillos cut in half

Equipment

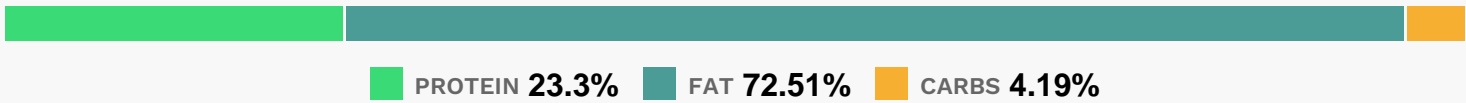
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ In a large bowl, combine the chicken thighs and oil. Toss to coat the thighs evenly.
- ☐ Transfer the thighs to a platter and sprinkle evenly on all sides with the cumin rub. Set aside at room temperature.
- ☐ Prepare a charcoal or gas grill for indirect grilling over medium heat; the temperature inside the grill should be 350°–375°F (180°–190°C). If using charcoal, bank the lit coals on either side of the grill bed, leaving a strip in the center without heat, and place a drip pan in the center. If using gas, preheat the burners, then turn off 1 or more of the burners to create a cooler zone.
- ☐ Brush and oil the grill grate.
- ☐ To make the salsa, place the tomatillos and chile over the direct-heat area of the grill. (You'll probably need a grill screen for the chile or you'll lose it through the grate.) Cook, turning as needed, until well charred on all sides, about 3 minutes.
- ☐ Transfer the tomatillos and chile to a blender, add the lime juice and oil, and pulse until combined but still chunky.
- ☐ Transfer to a bowl, fold in the cilantro, and season with salt. You should have about 2 cups (16 fl oz/500 ml). (The salsa can be made up to 1 week in advance and refrigerated. Bring to room temperature before serving.)
- ☐ Place the thighs, meaty side down, over the indirect-heat area of the grill. Cook, turning once, until the thighs are nicely grill-marked on both sides and firm to the touch and an instant-read thermometer inserted into the thickest part of the thigh away from bone registers 170°F (77°C), 10–15 minutes on each side.

- ☐ Transfer the thighs to a platter and let rest for 10 minutes.
- ☐ Serve at once with the tomatillo salsa.
- ☐ The Game Plan
- ☐ Make rub; coat chicken with oil and season with rub Set up grill for indirect grilling over medium heat Make tomatillo salsa Grilling time: 20–30 minutes DON'T FORGET: Try to turn the thighs only once so they develop nice grill marks.
- ☐ Appears with permission from Williams–Sonoma. Grill Master: The Ultimate Arsenal of Back-to-Basics Recipes for the Grill. Recipes by Fred Thompson; photographs by Ray Kachatorian. Copyright © 2011 by Weldon Owen, Inc. and Williams–Sonoma, Inc.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:27.389130452405%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 825.34kcal (41.27%), Fat: 66.47g (102.27%), Saturated Fat: 14.69g (91.79%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 6.8g (2.47%), Sugar: 2.89g (3.21%), Cholesterol: 283.22mg (94.41%), Sodium: 419.49mg (18.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.06g (96.12%), Selenium: 54.7µg (78.15%), Vitamin B3: 14.74mg (73.7%), Vitamin K: 66.34µg (63.18%), Vitamin B6: 1.11mg (55.29%), Phosphorus: 491.29mg (49.13%), Vitamin B12: 1.85µg (30.83%), Vitamin B5: 3.07mg (30.67%), Vitamin E: 4.05mg (27.02%), Zinc: 3.91mg (26.06%), Vitamin B2: 0.42mg (24.62%), Potassium: 818.71mg (23.39%), Manganese: 0.45mg (22.62%), Iron: 3.93mg (21.83%), Vitamin C: 16.72mg (20.26%), Magnesium: 78.87mg (19.72%), Vitamin B1: 0.26mg (17.21%), Copper: 0.24mg (12.08%), Vitamin A: 588.65IU (11.77%), Calcium: 74.89mg (7.49%), Fiber: 1.84g (7.36%), Folate: 22.57µg (5.64%), Vitamin D: 0.29µg (1.93%)