



Easy Chicken Fajita Marinade



Gluten Free



Dairy Free

READY IN



275 min.

SERVINGS



10

CALORIES



198 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 2 tablespoons garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 teaspoon paprika
- ☐ 3 pounds chicken breasts boneless skinless cut into strips
- ☐ 0.5 cup vegetable oil

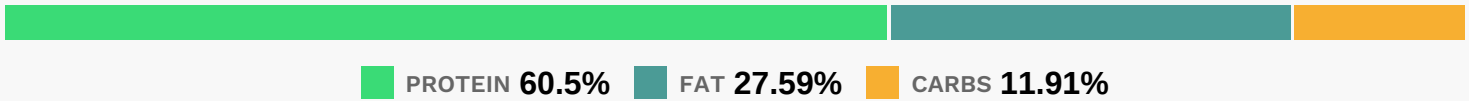
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk vegetable oil, chili powder, lime juice, honey, garlic powder, paprika, and black pepper in a bowl to make a marinade.
- ☐ Place chicken strips into a large resealable plastic bag; pour marinade over chicken. Knead bag to coat chicken with marinade. Squeeze out air, seal bag, and refrigerate 4 hours to overnight.
- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- ☐ Remove chicken strips from marinade; discard used marinade.
- ☐ Grill chicken on preheated grill until browned, the juices run clear, and an instant-read meat thermometer inserted into the thickest piece reads at least 160 degrees F (70 degrees C), about 10 minutes per side.

Nutrition Facts



Properties

Glycemic Index:10.43, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:14.744782476322%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 198.26kcal (9.91%), Fat: 5.96g (9.17%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3.66g (4.07%), Cholesterol: 87.09mg (29.03%), Sodium: 185.37mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.42g (58.84%), Vitamin B3: 14.41mg (72.06%), Selenium: 44.3µg (63.29%), Vitamin B6: 1.08mg (54.19%), Phosphorus: 298.25mg (29.82%), Vitamin B5: 1.98mg (19.76%), Potassium: 563.08mg (16.09%), Vitamin A: 566.52IU (11.33%), Magnesium: 39.67mg (9.92%), Vitamin B2: 0.16mg (9.23%), Vitamin E: 1.09mg (7.3%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.92mg (6.15%), Vitamin K: 6.24µg (5.94%), Iron: 0.92mg (5.12%), Vitamin B12: 0.27µg (4.54%), Manganese: 0.08mg (4.08%), Copper: 0.07mg (3.28%), Vitamin C: 2.59mg (3.13%), Fiber: 0.78g (3.13%), Folate: 7.09µg (1.77%), Calcium: 14.69mg (1.47%)