



Fire Roasted Chicken Skewers with Tangerine-Cascabel Glaze

 **Gluten Free**  **Dairy Free**

READY IN



200 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chile powder
- 16 bamboo skewers for 2 hours
- 0.5 teaspoon cayenne
- 4 servings honey to taste
- 2 tablespoons juice of lemon
- 4 servings juice of lemon to taste
- 0.3 cup juice of lime fresh

- 1 pinch cascabel powder
- 0.3 cup olive oil
- 1 tablespoon olive oil
- 2 tablespoon olive oil
- 0.3 cup orange juice fresh
- 2 tablespoons paprika
- 1 tablespoon pasilla chile powder
- 1 cup red wine
- 0.5 cup red wine vinegar
- 4 servings salt and pepper freshly ground
- 2 shallots diced finely
- 8 chicken thighs boneless skinless cut in half lengthwise
- 1 teaspoon sugar
- 1 cup tangerine juice

Equipment

- sauce pan
- grill
- skewers

Directions

- Heat the olive oil in a medium sauce pan over medium heat.
- Add the shallots and cascabel powder and cook until soft. Raise the heat to high, add the vinegar, red wine, tangerine juice and sugar and reduce to a syrup. Strain, return to a small saucepan and season with lemon juice, honey to taste.
- Add the olive oil and season with salt and pepper.
- Let cool.
- Mix together the juices, chile powders and oil.
- Add the chicken thighs and let marinate for 2 hours in the refrigerator. Preheat grill.

Remove chicken from marinade and thread each chicken half onto 2 skewers so that the meat stays flat on the grill. Grill for 4 minutes on each side or until cooked through.

Remove chicken from the grill and brush liberally with the tangerine glaze.

Nutrition Facts

PROTEIN 30.21% **FAT 51.93%** **CARBS 17.86%**

Properties

Glycemic Index:97.59, Glycemic Load:5.43, Inflammation Score:-10, Nutrition Score:33.453478025353%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 1.47mg, Eriodictyol: 1.47mg, Eriodictyol: 1.47mg, Eriodictyol: 1.47mg Hesperetin: 17.41mg, Hesperetin: 17.41mg, Hesperetin: 17.41mg, Hesperetin: 17.41mg Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg, Naringenin: 2.61mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 649.65kcal (32.48%), Fat: 35.19g (54.14%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 22.81g (8.3%), Sugar: 17.09g (18.99%), Cholesterol: 214.7mg (71.57%), Sodium: 480.21mg (20.88%), Alcohol: 6.36g (100%), Alcohol %: 1.64% (100%), Protein: 46.06g (92.13%), Vitamin A: 4588.46IU (91.77%), Selenium: 52.72µg (75.31%), Vitamin B6: 1.46mg (72.97%), Vitamin B3: 14.06mg (70.32%), Phosphorus: 497.48mg (49.75%), Vitamin C: 40.87mg (49.53%), Vitamin E: 6.67mg (44.43%), Vitamin B2: 0.65mg (38.16%), Potassium: 1117.21mg (31.92%), Vitamin B5: 3.11mg (31.12%), Vitamin K: 28.69µg (27.32%), Zinc: 4.05mg (27.01%), Iron: 4.55mg (25.3%), Vitamin B12: 1.45µg (24.11%), Magnesium: 89.9mg (22.47%), Vitamin B1: 0.3mg (20.13%), Manganese: 0.4mg (19.78%), Fiber: 4.42g (17.7%), Copper: 0.27mg (13.3%), Folate: 37.28µg (9.32%), Calcium: 77.06mg (7.71%)