



Five Spice Grilled Chicken

 Gluten Free  Dairy Free

READY IN



422 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon five-spice powder chinese
- 1 teaspoon chile paste hot (such as sambal oelek)
- 1 teaspoon fish sauce
- 2 teaspoons ginger fresh grated
- 3 cloves garlic crushed
- 0.5 juice of lime juiced
- 0.3 cup seasoned rice vinegar
- 1 teaspoon soya sauce

- 5 pound meat from a rotisserie chicken whole cut in half

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- grill
- kitchen thermometer
- ziploc bags

Directions

- Score the skin side of each piece of chicken 2 to 3 times, about 1/8 inch deep.
- Whisk together the the juice of 1/2 lime, 1 tablespoon fish sauce, garlic, 1 tablespoon rice vinegar, Chinese five-spice powder, 2 teaspoons hot chile paste, ginger, and soy sauce in a bowl.
- Pour into a resealable plastic bag.
- Add chicken, coat evenly with the marinade, squeeze out excess air, and seal the bag. Marinate in refrigerator for 6 hours.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Remove chicken halves from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels. Reserve marinade mixture in a small bowl.
- Whisk together the 1/3 cup rice vinegar, juice of 1/2 lime, 1 teaspoon fish sauce, and 1 teaspoon hot chile paste in a small bowl. Set aside.
- Grill chicken, skin-side down, on the preheated grill for 2 minutes. Turn each piece, brush with reserved marinade mixture, and move to indirect heat.
- Grill, brushing with glaze and turning ever 10-15 minutes, until well-browned and meat is no longer pink in the center, about 45 minutes total. An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 180 degrees F (82 degrees C).
- Drizzle vinegar lime juice mixture over the chicken and serve.

Nutrition Facts

PROTEIN 34.97% FAT 63.25% CARBS 1.78%

Properties

Glycemic Index:19.17, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:12.862173751644%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 401.78kcal (20.09%), Fat: 27.53g (42.35%), Saturated Fat: 7.83g (48.94%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.2g (0.22%), Cholesterol: 136.08mg (45.36%), Sodium: 262.39mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.49%), Vitamin B3: 12.47mg (62.35%), Selenium: 26.58µg (37.98%), Vitamin B6: 0.67mg (33.53%), Phosphorus: 277.09mg (27.71%), Vitamin B5: 1.68mg (16.79%), Zinc: 2.47mg (16.46%), Vitamin B2: 0.23mg (13.3%), Iron: 2.14mg (11.88%), Potassium: 379.8mg (10.85%), Magnesium: 41.52mg (10.38%), Vitamin B12: 0.57µg (9.45%), Vitamin B1: 0.12mg (7.87%), Vitamin C: 4.54mg (5.5%), Copper: 0.11mg (5.41%), Vitamin A: 260.8IU (5.22%), Manganese: 0.1mg (5.17%), Vitamin E: 0.55mg (3.7%), Calcium: 32.31mg (3.23%), Folate: 12.14µg (3.04%), Vitamin K: 2.77µg (2.64%), Vitamin D: 0.36µg (2.42%)