



Good Frickin' Paprika Chicken

 Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 0.1 teaspoon chile paste hot such as sambal oelek
- ☐ 3 cloves garlic crushed
- ☐ 3 tablespoons ground paprika
- ☐ 1 tablespoon catsup
- ☐ 0.3 cup olive oil
- ☐ 1 pinch paprika
- ☐ 6 tablespoons yogurt plain

- ☐ 6 servings salt
- ☐ 6 servings salt and pepper to taste
- ☐ 2 tablespoons sherry vinegar
- ☐ 5 pound meat from a rotisserie chicken whole cut into 8 pieces

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Whisk together yogurt, garlic, 3 tablespoons paprika, 2 tablespoons olive oil, 1 tablespoon hot chile paste, and cayenne pepper in a large bowl.
- ☐ Mix in chicken pieces and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 3 hours.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Remove chicken from the bag and transfer to a plate or baking sheet lined with paper towels. Pat chicken pieces dry with more paper towels. Season with salt.
- ☐ Combine 1/4 cup olive oil, sherry vinegar, ketchup, 1/8 teaspoon hot chile paste, pinch paprika, salt, and pepper in a small bowl. Set aside.
- ☐ Grill chicken, skin-side down, on the preheated grill for 4 minutes with grill lid closed.
- ☐ Turn chicken and grill with lid closed until well-browned and meat is no longer pink in the center, about 6 minutes. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (82 degrees C).
- ☐ Spoon sherry vinegar mixture over cooked chicken and serve.

Nutrition Facts



 **PROTEIN 28.42%**  **FAT 68.28%**  **CARBS 3.3%**

Properties

Glycemic Index:18.5, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:16.736086959424%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 497.64kcal (24.88%), Fat: 37.44g (57.6%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 2.79g (1.02%), Sugar: 1.85g (2.06%), Cholesterol: 138.68mg (46.23%), Sodium: 549.71mg (23.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.07g (70.13%), Vitamin B3: 12.76mg (63.79%), Vitamin A: 2026.01IU (40.52%), Selenium: 27.02µg (38.6%), Vitamin B6: 0.74mg (36.99%), Phosphorus: 300.2mg (30.02%), Vitamin E: 2.92mg (19.46%), Vitamin B5: 1.83mg (18.27%), Zinc: 2.67mg (17.81%), Vitamin B2: 0.3mg (17.38%), Iron: 2.5mg (13.88%), Potassium: 469.98mg (13.43%), Magnesium: 45.89mg (11.47%), Vitamin B12: 0.64µg (10.61%), Vitamin K: 11.12µg (10.59%), Vitamin B1: 0.13mg (8.65%), Manganese: 0.12mg (6.12%), Copper: 0.12mg (6.08%), Calcium: 55.98mg (5.6%), Fiber: 1.27g (5.09%), Vitamin C: 3.66mg (4.44%), Folate: 14.31µg (3.58%), Vitamin D: 0.38µg (2.55%)