



Grilled Chicken and Pork with Orange-Cumin Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 chicken thighs with bone and skin
- ☐ 0.5 cup chili-garlic sauce
- ☐ 1.5 cups cilantro leaves fresh chopped
- ☐ 2 tablespoons ground cumin
- ☐ 3 cups catsup
- ☐ 3 cups orange juice
- ☐ 10 inch thick center-cut pork chops (each 12 ounces)

☐ 0.3 cup soya sauce

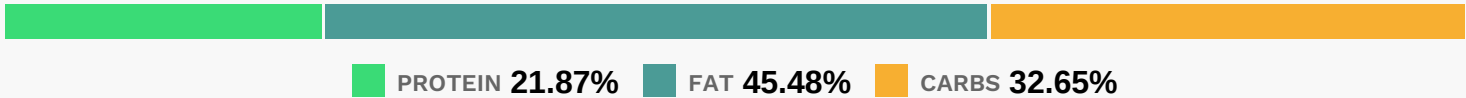
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Puree first 6 ingredients in processor until smooth.
- ☐ Transfer to bowl.
- ☐ Prepare barbecue (medium heat); brush grill rack with oil. Set aside 3 cups glaze for serving. Grill chicken 6 minutes per side.
- ☐ Brush with some of remaining glaze. Continue grilling until chicken is cooked through, turning occasionally and brushing frequently with more glaze, about 25 minutes longer.
- ☐ Transfer chicken to platter; tent with foil to keep warm. Grill pork about 3 minutes per side.
- ☐ Brush with some glaze. Continue grilling until thermometer inserted into center of chop registers 145°F to 150°F, turning occasionally and brushing frequently with more glaze, about 12 minutes longer. Arrange pork on platter. Bring 3 cups reserved glaze to simmer.
- ☐ Serve chicken and pork, passing glaze separately.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:4.01, Inflammation Score:-7, Nutrition Score:15.292608730171%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.07mg, Quercetin: 2.07mg,

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Nutrients (% of daily need)

Calories: 379.86kcal (18.99%), Fat: 19.45g (29.93%), Saturated Fat: 5.17g (32.31%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 30.34g (11.03%), Sugar: 23.78g (26.43%), Cholesterol: 112.44mg (37.48%), Sodium: 1650.3mg (71.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.09%), Vitamin C: 40.89mg (49.57%), Vitamin B3: 7.09mg (35.44%), Selenium: 22.68µg (32.4%), Vitamin B6: 0.57mg (28.5%), Phosphorus: 230.33mg (23.03%), Vitamin B2: 0.31mg (18.37%), Potassium: 638.5mg (18.24%), Vitamin A: 783.59IU (15.67%), Vitamin B5: 1.38mg (13.77%), Vitamin B1: 0.19mg (12.53%), Vitamin B12: 0.74µg (12.28%), Iron: 2.15mg (11.93%), Magnesium: 47.01mg (11.75%), Vitamin K: 12.11µg (11.54%), Zinc: 1.71mg (11.37%), Vitamin E: 1.42mg (9.48%), Manganese: 0.18mg (8.96%), Copper: 0.18mg (8.83%), Folate: 34.84µg (8.71%), Fiber: 1.08g (4.33%), Calcium: 42.14mg (4.21%)