



Grilled Chicken Breasts with North African Spice Paste

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black
- 1 tablespoon caraway seeds
- 4 large chicken breast halves with skin and bone (3/4 pound each)
- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- 2 tablespoons garlic minced
- 2 teaspoons kosher salt

- 5 tablespoons olive oil
- 16 inch chilies dried red hot

Equipment

- bowl
- roasting pan
- grill
- mortar and pestle

Directions

- Prepare grill for direct-heat cooking with medium-hot charcoal.
- Coarsely grind chiles, spice seeds, garlic, and peppercorns in grinder or with mortar and pestle, then stir together with salt and oil in a bowl to form a spice paste. Rub paste all over chicken.
- Oil grill rack, then grill chicken, skin sides down first, over coals, turning over occasionally and moving around if flare-ups occur, until browned, 4 to 5 minutes total.
- Move chicken to area with no coals underneath, arranging chicken so that thicker sides are closest to coals, then cover with inverted roasting pan and grill, turning chicken over once, until just cooked through, 15 to 17 minutes.
- Transfer to a platter and let stand 5 minutes before serving.
- Chicken can be grilled on a gas grill. Preheat all burners on high, covered, 10 minutes. Reduce heat to moderately high and brown chicken, skin sides down first, covered, turning over occasionally, about 4 minutes. Turn off 1 burner (middle one if there are
- and put chicken, skin sides up, above shut-off burner, then grill, covered, without turning, until just cooked through, 15 to 20 minutes. •Chicken, rubbed with spice paste, can marinate, covered and chilled, up to 4 hours before grilling. •Spice paste keeps, covered and chilled, up to 1 week.

Nutrition Facts

  
 PROTEIN **29.71%**  FAT **55.9%**  CARBS **14.39%**

Properties

Glycemic Index:16.75, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:20.976956377859%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 346.74kcal (17.34%), Fat: 22.12g (34.02%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 7.4g (2.69%), Sugar: 4.27g (4.75%), Cholesterol: 72.32mg (24.11%), Sodium: 1308.25mg (56.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Vitamin B3: 12.9mg (64.5%), Vitamin A: 2763.61IU (55.27%), Selenium: 38.12µg (54.46%), Vitamin B6: 1mg (49.87%), Manganese: 0.61mg (30.3%), Phosphorus: 289.75mg (28.98%), Vitamin K: 26µg (24.76%), Fiber: 5.41g (21.63%), Vitamin E: 3.17mg (21.14%), Potassium: 736.53mg (21.04%), Vitamin B5: 1.77mg (17.66%), Iron: 3.1mg (17.21%), Vitamin B2: 0.26mg (15.42%), Magnesium: 61.24mg (15.31%), Vitamin C: 6.75mg (8.18%), Copper: 0.15mg (7.54%), Vitamin B1: 0.11mg (7.49%), Zinc: 1.11mg (7.4%), Calcium: 71.46mg (7.15%), Vitamin B12: 0.23µg (3.77%), Folate: 10.55µg (2.64%)