



Grilled Chicken Legs with Orange and Rosemary

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds chicken pieces
- 2 tablespoons rosemary leaves fresh chopped
- 3 cloves garlic thinly sliced
- 4 servings salt and pepper
- 3 tablespoons juice of lemon fresh
- 1 head curly leaf lettuce green
- 2 navel oranges

- 0.3 cup olive oil
- 1 large onion red sliced into 1/4-inch rings

Equipment

- bowl
- mixing bowl
- grill

Directions

- Grate 1/2 teaspoon of zest from 1 orange into a large mixing bowl. Squeeze in 1/3 cup of orange juice. Stir in the lemon juice, 3/4 teaspoon salt, 1/2 teaspoon pepper, the garlic, rosemary, and 1/4 cup of the oil. Reserve 1/4 cup of the dressing.
- Add the chicken to the bowl, cover, and refrigerate for 30 minutes.
- Heat grill to medium.
- Place the chicken, skin-side up, over indirect heat and cook, covered, for 35 minutes. Turn the chicken and cook, uncovered, over direct heat, until cooked through, about 10 minutes. Meanwhile, brush the onion with the remaining oil and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill until tender, 8 minutes. Peel the remaining orange and slice into 1/4-inch-thick rounds.
- Combine them with the onion, lettuce, and reserved dressing in a bowl.
- Transfer to individual plates.
- Serve with the chicken.

Nutrition Facts

 PROTEIN 21.73%  **FAT 64.02%**  **CARBS 14.25%**

Properties

Glycemic Index:14.25, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:25.123478350432%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 16.94mg, Hesperetin: 16.94mg, Hesperetin: 16.94mg, Hesperetin: 16.94mg Naringenin: 5.37mg, Naringenin: 5.37mg

Naringenin: 5.37mg, Naringenin: 5.37mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg
Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,
Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.55mg,
Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

Nutrients (% of daily need)

Calories: 433.96kcal (21.7%), Fat: 31.28g (48.13%), Saturated Fat: 6.92g (43.28%), Carbohydrates: 15.66g (5.22%),
Net Carbohydrates: 12.26g (4.46%), Sugar: 8.12g (9.03%), Cholesterol: 86.75mg (28.92%), Sodium: 302.78mg
(13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.79%), Vitamin A: 7030IU (140.6%), Vitamin
K: 123.41µg (117.53%), Vitamin C: 58.81mg (71.28%), Vitamin B3: 8.57mg (42.84%), Vitamin B6: 0.61mg (30.53%),
Selenium: 17.66µg (25.24%), Phosphorus: 225.21mg (22.52%), Folate: 73.57µg (18.39%), Manganese: 0.35mg
(17.59%), Vitamin E: 2.62mg (17.45%), Potassium: 577.02mg (16.49%), Vitamin B2: 0.26mg (15.27%), Vitamin B5:
1.43mg (14.26%), Fiber: 3.4g (13.6%), Vitamin B1: 0.2mg (13.35%), Zinc: 1.82mg (12.14%), Iron: 2.15mg (11.97%),
Magnesium: 47.44mg (11.86%), Calcium: 89.72mg (8.97%), Copper: 0.13mg (6.57%), Vitamin B12: 0.36µg (5.98%),
Vitamin D: 0.23µg (1.54%)