



Grilled Chicken Moroccan Style



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 4 large chicken breast halves with skin and ribs, cut crosswise in half
- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 4 strips.
- ☐ 0.3 cup parsley fresh minced
- ☐ 2 teaspoons ground cinnamon
- ☐ 1.5 tablespoons ground coriander
- ☐ 3 tablespoons ground cumin

- ☐ 1 cup olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons sugar

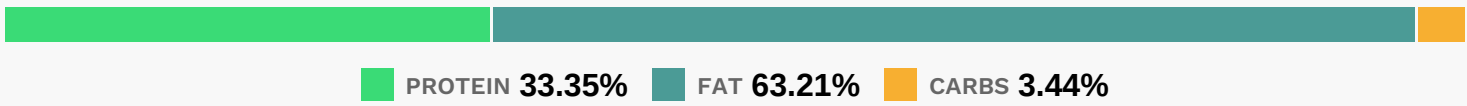
Equipment

- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Whisk first 8 ingredients in large glass baking dish.
- ☐ Add all chicken; turn to coat. Cover with plastic wrap; chill 4 to 6 hours.
- ☐ Prepare barbecue (medium heat).
- ☐ Place marinade-coated chicken on barbecue. Grill chicken until just cooked through, occasionally brushing with any remaining marinade, about 10 minutes per side for breasts and about 12 minutes per side for leg and thigh pieces.
- ☐ Transfer chicken to platter.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:24.02, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:22.654347570046%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 523.1kcal (26.16%), Fat: 36.3g (55.84%), Saturated Fat: 8.61g (53.82%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.15g (1.14%), Sugar: 1.44g (1.6%), Cholesterol: 201.91mg (67.3%), Sodium: 1000.62mg (43.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.09g (86.18%), Vitamin B3: 15.63mg (78.17%), Selenium: 54.18µg (77.39%), Vitamin B6: 1.11mg (55.71%), Vitamin K: 49.48µg (47.12%), Phosphorus: 433.34mg (43.33%), Vitamin B5: 2.7mg (27.05%), Iron: 3.88mg (21.56%), Potassium: 699.52mg (19.99%), Zinc: 2.89mg (19.27%), Vitamin B12: 1.11µg (18.56%), Vitamin B2: 0.31mg (18.41%), Magnesium: 67.52mg (16.88%), Manganese: 0.29mg (14.48%), Vitamin B1: 0.19mg (12.74%), Vitamin E: 1.69mg (11.24%), Vitamin A: 445.71IU (8.91%), Copper: 0.15mg (7.57%), Calcium: 65.73mg (6.57%), Vitamin C: 5.03mg (6.1%), Fiber: 1.3g (5.19%), Folate: 12.94µg (3.23%), Vitamin D: 0.24µg (1.58%)