



Grilled Chicken Piri Piri



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



20

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 chickens whole cut into 6 pieces
- ☐ 10 chili peppers like fresno
- ☐ 4 cups parsley leaves fresh
- ☐ 1 head garlic cloves peeled
- ☐ 5 lemon zest juiced sliced into wedges, for garnish
- ☐ 2 cups olive oil
- ☐ 3 tablespoons paprika
- ☐ 4 pasilla peppers red seeded roughly chopped

- ☐ 1 cup red wine vinegar
- ☐ 20 servings salt and pepper black freshly ground

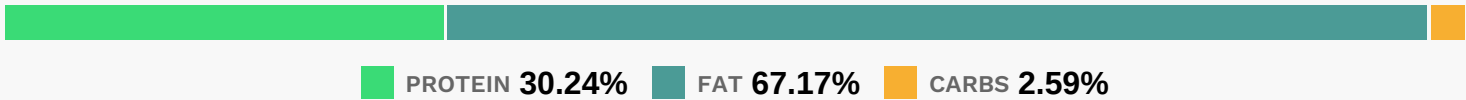
Equipment

- ☐ food processor
- ☐ grill
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ To a food processor add lemon zest, lemon juice, garlic, red pepper, chiles, parsley, paprika, red wine vinegar and oil. Process until it becomes a paste. Season with salt and pepper. Reserve 1 cup of the sauce as set aside for garnishing cooked chicken later.
- ☐ Divide chicken pieces into 2 large resealable plastic bags. Divide the marinade into both bags and seal. Turn the chicken around in the bags to distribute the marinade.
- ☐ Place chicken in the refrigerator and let it marinate for at least 1 hour and up to 1 day.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove chicken from bags with tongs and drain well. Season with salt and pepper.
- ☐ Place on grill, skin side down first, and grill for about 15 minutes on each side turning occasionally until cooked through. (You might need to do it in batches if grill is not big enough.)
- ☐ Serve with lemon wedges and the reserved piri piri sauce.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:32.795652057814%

Flavonoids

Apigenin: 25.87mg, Apigenin: 25.87mg, Apigenin: 25.87mg, Apigenin: 25.87mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg, Myricetin: 1.8mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 627.03kcal (31.35%), Fat: 45.97g (70.72%), Saturated Fat: 12.44g (77.75%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.39g (1.54%), Cholesterol: 229.84mg (76.61%), Sodium: 194.41mg (8.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.57g (93.13%), Vitamin K: 201.87µg (192.26%), Vitamin A: 4593.81IU (91.88%), Vitamin B3: 17.71mg (88.55%), Vitamin C: 55.36mg (67.1%), Vitamin B6: 0.98mg (49%), Phosphorus: 461.25mg (46.12%), Selenium: 31.33µg (44.75%), Vitamin B12: 2.65µg (44.1%), Vitamin B2: 0.51mg (29.87%), Vitamin B5: 2.89mg (28.9%), Iron: 4.87mg (27.05%), Folate: 99.57µg (24.89%), Zinc: 3.68mg (24.54%), Potassium: 683.18mg (19.52%), Magnesium: 62.95mg (15.74%), Vitamin B1: 0.19mg (12.56%), Copper: 0.2mg (9.92%), Vitamin E: 1.41mg (9.38%), Manganese: 0.18mg (8.92%), Fiber: 1.55g (6.19%), Calcium: 53.22mg (5.32%)