



Grilled Chicken Thighs with Cilantro-Mint Chutney

 Gluten Free  Dairy Free

READY IN



161 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce chicken thighs bone-in
- ☐ 2.5 tablespoons canola oil divided
- ☐ 1 cup cilantro leaves
- ☐ 10 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 2 teaspoons ground cumin divided
- ☐ 0.5 teaspoon ground pepper red

- ☐ 2 teaspoons jalapeno seeded chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.5 cup mint leaves
- ☐ 3 tablespoons onion fresh grated

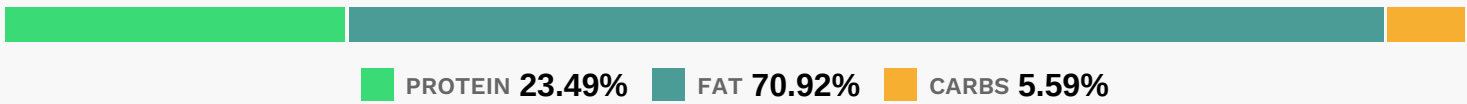
Equipment

- ☐ food processor
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a large zip-top plastic bag; stir in 2 tablespoons oil and 1 3/4 teaspoons cumin.
- ☐ Add chicken to bag, seal, and massage marinade into chicken. Marinate in refrigerator 2 hours.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove chicken from bag.
- ☐ Sprinkle chicken with 1/4 teaspoon salt.
- ☐ Place on grill rack coated with cooking spray; grill 8 minutes on each side.
- ☐ Combine cilantro, mint, onions, and jalapeo in a food processor.
- ☐ Add remaining 1 1/2 teaspoons oil, remaining 1/4 teaspoon cumin, and 1/4 teaspoon salt; process until smooth.
- ☐ Serve chicken topped with chutney.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:15.631304323673%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 420.95kcal (21.05%), Fat: 33.17g (51.04%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.58g (1.67%), Sugar: 0.77g (0.86%), Cholesterol: 141.69mg (47.23%), Sodium: 410.34mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.44%), Selenium: 28.31µg (40.44%), Vitamin K: 39.8µg (37.9%), Vitamin B3: 7.06mg (35.3%), Vitamin B6: 0.64mg (31.86%), Phosphorus: 257.57mg (25.76%), Vitamin A: 849.23IU (16.98%), Vitamin B5: 1.58mg (15.79%), Vitamin B12: 0.93µg (15.42%), Manganese: 0.3mg (14.81%), Vitamin E: 2.19mg (14.57%), Vitamin B2: 0.24mg (13.91%), Zinc: 2.08mg (13.87%), Vitamin C: 10.56mg (12.8%), Iron: 2.28mg (12.69%), Potassium: 442.44mg (12.64%), Magnesium: 41.72mg (10.43%), Vitamin B1: 0.15mg (9.69%), Copper: 0.14mg (7.22%), Calcium: 59.38mg (5.94%), Folate: 21.25µg (5.31%), Fiber: 1.31g (5.23%)