



Grilled Chicken with Board Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound meat from a rotisserie chicken halved
- ☐ 1 new mexico chile or dried
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 4 servings kosher salt freshly ground
- ☐ 4 servings lime wedges (for serving)
- ☐ 1 teaspoon lime zest finely grated
- ☐ 0.3 cup olive oil plus more for grill
- ☐ 0.3 cup oregano fresh chopped

☐ 0.5 teaspoon pepper flakes red crushed

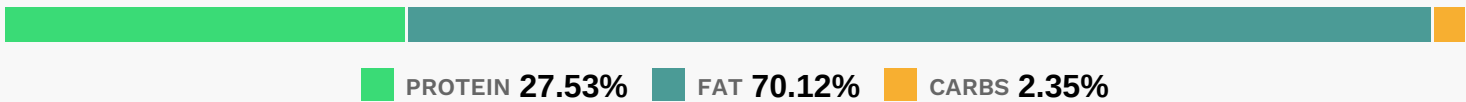
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ If using whole chile, toast in a dry skillet, turning often, until slightly puffed and darkened, about 4 minutes. (Do not toast red pepper flakes.) Discard stem and seeds. Finely chop chile and transfer to a small bowl. Stir in cilantro, oregano, lime zest, and 1/4 cup oil; season dressing with salt and pepper.
- ☐ Prepare grill for medium indirect heat (for a charcoal grill, bank coals on 1 side of grill; for a gas grill, leave 1 burner turned off).
- ☐ Brush grill rack with oil. Season chicken with salt and pepper and place, skin side down, on grill. Grill chicken, turning occasionally, until skin is crisp and browned and an instant-read thermometer inserted into the thickest part of a thigh registers 165°, 10–15 minutes per side (move chicken to cooler part of grill if it's cooking too quickly). About 5 minutes before chicken is done, baste with some of dressing.
- ☐ Pour remaining dressing onto a carving board (or platter, if you don't have a large board) and place chicken, skin side up, on top.
- ☐ Let sit at least 10 minutes to rest and absorb flavor from dressing before carving.
- ☐ Drizzle chicken with some dressing from board and serve with limes.
- ☐ DO AHEAD: Dressing can be made 2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index: 44.5, Glycemic Load: 0.47, Inflammation Score: -10, Nutrition Score: 20.377825778464%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 601.99kcal (30.1%), Fat: 46.52g (71.58%), Saturated Fat: 11.31g (70.67%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.79g (0.88%), Cholesterol: 163.29mg (54.43%), Sodium: 159.97mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.1g (82.19%), Vitamin B3: 15.15mg (75.77%), Selenium: 31.63µg (45.19%), Vitamin B6: 0.86mg (43.05%), Vitamin K: 41.36µg (39.39%), Phosphorus: 331.95mg (33.2%), Vitamin C: 20.97mg (25.41%), Vitamin E: 3.4mg (22.65%), Vitamin B5: 2.06mg (20.56%), Zinc: 2.99mg (19.94%), Iron: 3.37mg (18.72%), Vitamin B2: 0.29mg (17.32%), Vitamin A: 740.81IU (14.82%), Potassium: 509.02mg (14.54%), Magnesium: 55.65mg (13.91%), Manganese: 0.24mg (12.1%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.15mg (9.82%), Calcium: 77.34mg (7.73%), Copper: 0.15mg (7.48%), Fiber: 1.68g (6.73%), Folate: 24.83µg (6.21%), Vitamin D: 0.44µg (2.9%)