



Grilled Chicken with Chipotle-Avocado Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



3098 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado pitted peeled chopped
- 6 lb vegetable oil fat removed quartered (8 quarters)
- 1 teaspoons chipotles in adobo chopped (from 7)
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic salt
- 1 tablespoon honey
- 2 tablespoons juice of lime
- 2 tablespoons olive oil

- 2 tablespoons onion red finely chopped
- 1 oz taco seasoning
- 1 medium tomatoes chopped

Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In medium bowl, combine taco seasoning mix, oil, lime juice and honey; mix well.
- Brush mixture evenly over all sides of chicken quarters.
- When grill is heated, place chicken on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 30 to 40 minutes or until chicken is fork-tender and juices run clear, turning frequently.
- Meanwhile, combine all salsa ingredients; mix well.
- Serve salsa mixture with chicken.

Nutrition Facts

PROTEIN 0.09% **FAT 98.96%** **CARBS 0.95%**

Properties

Glycemic Index:23.66, Glycemic Load:1.52, Inflammation Score:-7, Nutrition Score:11.759130413765%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

0.67mg

Nutrients (% of daily need)

Calories: 3098.24kcal (154.91%), Fat: 347.42g (534.5%), Saturated Fat: 52.91g (330.67%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 4.89g (1.78%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 434.18mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin K: 634.56µg (604.34%), Vitamin E: 28.95mg (192.98%), Fiber: 2.66g (10.65%), Vitamin A: 505.89IU (10.12%), Vitamin C: 7.56mg (9.17%), Folate: 23.62µg (5.91%), Potassium: 168.28mg (4.81%), Vitamin B6: 0.08mg (4.1%), Vitamin B5: 0.37mg (3.73%), Iron: 0.54mg (3.02%), Manganese: 0.06mg (3%), Copper: 0.06mg (3%), Vitamin B3: 0.54mg (2.71%), Magnesium: 9.61mg (2.4%), Vitamin B2: 0.04mg (2.23%), Phosphorus: 18.16mg (1.82%), Vitamin B1: 0.02mg (1.65%), Zinc: 0.2mg (1.34%)