



Grilled Chicken with Chipotle-Avocado Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 oz taco seasoning
- 2 tablespoons olive oil
- 2 tablespoons juice of lime
- 1 tablespoon honey
- 6 lb roasting chickens fat removed quartered (8 quarters)
- 1 medium tomatoes chopped
- 1 medium avocado pitted peeled chopped
- 2 tablespoons cilantro leaves fresh chopped

- 2 tablespoons onion red finely chopped
- 0.5 teaspoon garlic salt
- 1 teaspoons chipotles in adobo chopped (from 7)

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 28.09% **FAT 66.85%** **CARBS 5.06%**

Properties

Glycemic Index:23.66, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:23.176086944083%

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: 619.9kcal (30.99%), Fat: 45.62g (70.19%), Saturated Fat: 11.98g (74.85%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 5.12g (1.86%), Sugar: 3.6g (4%), Cholesterol: 213.57mg (71.19%), Sodium: 605.53mg (26.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.13g (86.27%), Vitamin B3: 16.5mg (82.51%), Vitamin A: 2599.42IU (51.99%), Vitamin B6: 0.88mg (43.84%), Phosphorus: 427.92mg (42.79%), Selenium: 28.95µg (41.35%), Vitamin B12: 2.46µg (40.98%), Vitamin B5: 2.9mg (29.03%), Vitamin B2: 0.46mg (27.21%), Zinc: 3.38mg (22.53%), Folate: 88.19µg (22.05%), Iron: 3.88mg (21.55%), Potassium: 655.03mg (18.72%), Vitamin C: 13.52mg (16.39%), Magnesium: 56.79mg (14.2%), Vitamin B1: 0.17mg (11.41%), Fiber: 2.66g (10.65%), Copper: 0.21mg (10.45%), Vitamin K: 8.94µg (8.51%), Vitamin E: 1.12mg (7.46%), Manganese: 0.13mg (6.35%), Calcium: 30.84mg (3.08%)