



## Grilled Chicken With Orange-Jalapeño Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



5

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 lb skinned chicken thighs
- ☐ 5 servings orange-jalapeño glaze
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

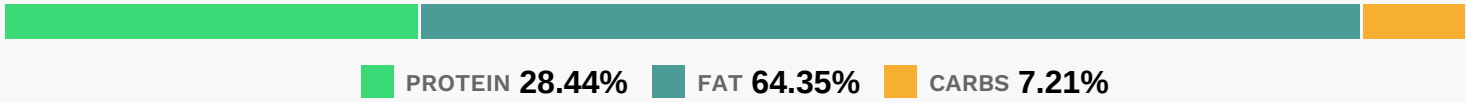
### Equipment

- ☐ grill
- ☐ kitchen thermometer

# Directions

- ☐ Remove and reserve 1 cup Orange–Jalapeo Glaze.
- ☐ Rinse chicken, and pat dry.
- ☐ Sprinkle evenly with salt and pepper.
- ☐ Brush chicken lightly with remaining 2/3 cup Orange–Jalapeo Glaze.
- ☐ Grill, covered with grill lid, over medium–high heat (350 to 400°F)
- ☐ for 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 180, basting each side with reserved 1 cup glaze during last few minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.9, Glycemic Load:3.62, Inflammation Score:-6, Nutrition Score:22.533478591753%

## Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 638.82kcal (31.94%), Fat: 45.32g (69.72%), Saturated Fat: 12.2g (76.27%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.22g (3.35%), Sugar: 8.42g (9.35%), Cholesterol: 266.71mg (88.9%), Sodium: 442.15mg (19.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.06g (90.13%), Selenium: 51.35µg (73.36%), Vitamin B3: 12.9mg (64.47%), Vitamin C: 47.88mg (58.04%), Vitamin B6: 0.99mg (49.4%), Phosphorus: 442.92mg (44.29%), Vitamin B5: 2.99mg (29.93%), Vitamin B12: 1.74µg (29.03%), Vitamin B2: 0.4mg (23.27%), Zinc: 3.47mg (23.12%), Potassium: 723.52mg (20.67%), Vitamin B1: 0.28mg (18.66%), Magnesium: 61.06mg (15.26%), Iron: 1.93mg (10.75%), Copper: 0.18mg (9.11%), Fiber: 2.21g (8.84%), Folate: 35.2µg (8.8%), Vitamin A: 415.88IU (8.32%), Calcium: 58.8mg (5.88%), Vitamin K: 6.04µg (5.75%), Vitamin E: 0.74mg (4.9%), Manganese: 0.09mg (4.61%), Vitamin D: 0.27µg (1.81%)