



Grilled Chicken with Spiced Red-Pepper Paste

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



45

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 meat from a rotisserie chicken halved
- ☐ 2 fresno chiles red coarsely chopped
- ☐ 4 cloves garlic coarsely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 bell peppers red

- ☐ 45 servings vegetable oil for grilling
- ☐ 2.5 tablespoons citrus champagne vinegar

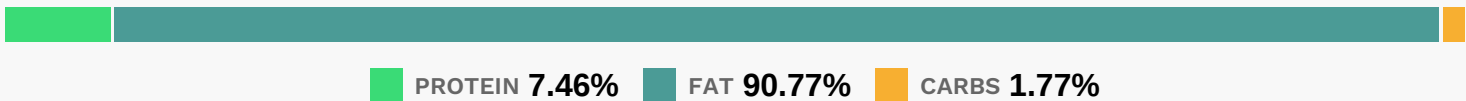
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Roast the red bell peppers on a hot grill or over an open flame, turning, until charred all over.
- ☐ Transfer the peppers to a bowl to cool. Peel, stem, seed and coarsely chop them.
- ☐ Transfer the peppers to a food processor and add the jalapeos, garlic, vinegar, cumin, salt and pepper and puree. With the machine on, slowly pour in the olive oil.
- ☐ With a small knife, make 1/2-inch-deep slits all over the chicken halves.
- ☐ Transfer to a large, resealable plastic bag and add the marinade. Refrigerate the chicken overnight. Bring to room temperature before grilling.
- ☐ Light a grill. Wipe off most of the marinade from the chicken. Oil the grill grate and put the chicken on it, skin side down. Cover and cook over moderately high heat, until lightly charred, about 7 minutes. Turn the chicken and cook for about 7 minutes, until charred on the other side. Turn off the heat in half of the grill or rake the coals to one side, away from the chicken. Cover and grill, turning the chicken halfway through, until an instant-read thermometer inserted in the inner thigh registers 160, about 1 hour.
- ☐ Transfer the chicken to a work surface to rest for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:4.0021738455347%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 174.4kcal (8.72%), Fat: 17.79g (27.38%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.44g (0.49%), Cholesterol: 12.7mg (4.23%), Sodium: 64.24mg (2.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin K: 27.43µg (26.13%), Vitamin C: 13.39mg (16.23%), Vitamin E: 1.51mg (10.07%), Vitamin B3: 1.26mg (6.29%), Vitamin A: 291.84IU (5.84%), Vitamin B6: 0.1mg (4.8%), Selenium: 2.5µg (3.57%), Phosphorus: 28.54mg (2.85%), Vitamin B5: 0.19mg (1.85%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.25mg (1.68%), Potassium: 57.68mg (1.65%), Iron: 0.26mg (1.43%), Folate: 5.14µg (1.29%), Magnesium: 5.1mg (1.27%), Manganese: 0.03mg (1.26%), Vitamin B1: 0.02mg (1.11%)