



Grilled Chicken with Spicy Mango Glaze

 **Gluten Free**  **Dairy Free**

READY IN



205 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ancho chile powder
- 4 chicken leg quarters
- 2 teaspoons chile paste
- 1 tablespoon new mexico chile powder
- 0.3 cup rum dark
- 0.5 teaspoon garlic powder
- 1.5 teaspoons ground cumin
- 0.5 teaspoon ground pepper black

- 1 tablespoon honey
- 1 juice of lime juiced
- 1.5 teaspoons kosher salt
- 12.5 fl. oz. apricot-mango nectar canned
- 2 tablespoons olive oil
- 0.3 cup orange juice
- 1 teaspoon paprika smoked

Equipment

- bowl
- frying pan
- oven
- baking pan
- grill
- kitchen thermometer

Directions

- Cut chicken leg quarters at the joint without cutting all the way through. Arrange chicken on a baking dish.
- Mix New Mexico chile powder, ancho chile powder, cumin, paprika, garlic powder, kosher salt, and black pepper in a small bowl. Rub chile powder mixture over chicken. Cover and refrigerate for 2 hours.
- Preheat the oven to 375 degrees F (190 degrees C). Coat chicken with olive oil.
- Bake in preheated oven until browned, about 45 minutes. Chicken will not be cooked through.
- Preheat grill for medium heat and lightly oil the grate.
- Heat mango nectar, rum, orange juice, lime juice, honey, and chile paste in a skillet over medium-high heat. Simmer until thickened, about 10 minutes.
- Brush mango glaze over chicken legs.
- Grill chicken on preheated grill until no longer pink at the bone and the juices run clear, 10 to 15 more minutes. An instant-read thermometer inserted near the bone should read 165

degrees F (74 degrees C).

Nutrition Facts

PROTEIN 20.73% FAT 60.56% CARBS 18.71%

Properties

Glycemic Index:44.07, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:15.840869776581%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 500.66kcal (25.03%), Fat: 31.7g (48.77%), Saturated Fat: 7.54g (47.15%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 20.45g (7.44%), Sugar: 17.68g (19.64%), Cholesterol: 141.61mg (47.2%), Sodium: 1032.12mg (44.87%), Alcohol: 5.01g (100%), Alcohol %: 2.14% (100%), Protein: 24.42g (48.83%), Selenium: 28.17µg (40.24%), Vitamin B3: 7.29mg (36.43%), Vitamin A: 1790.3IU (35.81%), Vitamin B6: 0.6mg (29.86%), Vitamin C: 24.56mg (29.77%), Phosphorus: 250.71mg (25.07%), Vitamin E: 2.66mg (17.76%), Vitamin B5: 1.62mg (16.16%), Vitamin B12: 0.92µg (15.41%), Iron: 2.51mg (13.97%), Vitamin B2: 0.24mg (13.92%), Zinc: 2.04mg (13.61%), Potassium: 452.06mg (12.92%), Vitamin K: 11.57µg (11.02%), Magnesium: 41.04mg (10.26%), Vitamin B1: 0.14mg (9.55%), Manganese: 0.17mg (8.63%), Copper: 0.15mg (7.29%), Fiber: 1.58g (6.33%), Calcium: 49.23mg (4.92%), Folate: 17.8µg (4.45%)