



Grilled Chili Chicken with Southwest Relish

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

READY IN



130 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado pitted peeled cut into bite-size pieces
- 15 oz black beans rinsed drained canned
- 3 lb chicken whole
- 1 teaspoon chili powder
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic finely chopped
- 3 tablespoons juice of lime
- 0.5 teaspoon paprika

- 0.7 cup onion red chopped
- 1 tablespoon vegetable oil
- 11 oz corn whole drained canned

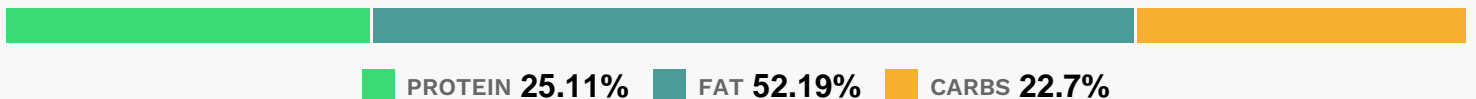
Equipment

- bowl
- grill

Directions

- In medium nonmetal bowl, mix relish ingredients. Cover; refrigerate at least 1 hour to blend flavors.
- Mix chili powder and paprika; sprinkle over chicken.
- Heat gas or charcoal grill.
- Place chicken, skin sides up, on grill rack over medium heat. Cover grill; cook 15 minutes. Turn chicken. Cover grill; cook 20 to 40 minutes longer, turning occasionally, until juice of chicken is clear when thickest piece is cut to bone (170F for breasts; 180F for thighs and drumsticks).
- Serve with relish.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:16.593043524286%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 421.94kcal (21.1%), Fat: 24.63g (37.9%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 16.43g (5.97%), Sugar: 1.15g (1.28%), Cholesterol: 81.65mg (27.22%), Sodium: 442.25mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.33%), Vitamin B3: 8.93mg (44.65%), Fiber: 7.67g (30.68%), Phosphorus: 284.11mg (28.41%), Vitamin B6: 0.55mg (27.4%), Selenium: 16.98µg (24.26%), Folate: 96.7µg (24.18%), Potassium: 697.31mg (19.92%), Vitamin B2: 0.28mg (16.46%), Magnesium: 65.48mg (16.37%), Vitamin B5: 1.63mg (16.31%), Iron: 2.78mg (15.46%), Manganese: 0.31mg (15.31%), Zinc: 2.24mg (14.9%), Vitamin K: 15.51µg (14.78%), Vitamin C: 11.79mg (14.3%), Copper: 0.28mg (14.23%), Vitamin B1: 0.21mg (13.84%), Vitamin E: 1.42mg (9.45%), Vitamin A: 434.21IU (8.68%), Vitamin B12: 0.34µg (5.62%), Calcium: 49.81mg (4.98%), Vitamin D: 0.22µg (1.45%)