



Grilled Chipotle Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 4 servings okra
- ☐ 0.5 teaspoon oregano dried

Equipment

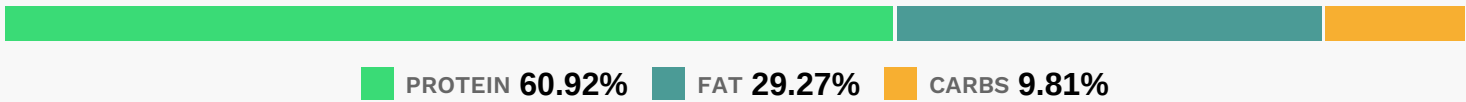
- ☐ plastic wrap

- ☐ grill
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Place each chicken thigh between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a rolling pin or flat side of a meat mallet.
- ☐ Combine sugar and next 3 ingredients; rub over chicken.
- ☐ Grill chicken, covered with grill lid, 2 to 3 minutes on each side or until done.
- ☐ Remove from grill, and cover with aluminum foil to keep warm.
- ☐ Serve with Okra and Tomatoes.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:19.169999889705%

Flavonoids

Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 298.01kcal (14.9%), Fat: 9.39g (14.45%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.5g (2.36%), Sugar: 6.03g (6.7%), Cholesterol: 215.46mg (71.82%), Sodium: 499.22mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.98g (87.95%), Selenium: 51.47µg (73.54%), Vitamin B3: 12.83mg (64.17%), Vitamin B6: 1.05mg (52.27%), Phosphorus: 432.79mg (43.28%), Vitamin B5: 2.76mg (27.63%), Vitamin B2: 0.41mg (24.25%), Vitamin B12: 1.45µg (24.19%), Zinc: 3.54mg (23.58%), Potassium: 607.6mg (17.36%), Vitamin B1: 0.23mg (15.28%), Magnesium: 60.6mg (15.15%), Vitamin K: 12.15µg (11.57%), Iron: 2.07mg (11.49%), Manganese: 0.15mg (7.61%), Copper: 0.15mg (7.36%), Vitamin A: 218.73IU (4.37%), Folate: 16.99µg (4.25%), Calcium: 40.23mg (4.02%), Vitamin E: 0.58mg (3.88%), Vitamin C: 2.77mg (3.35%), Fiber: 0.58g (2.31%)