



Grilled Curry Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



530 min.

SERVINGS



4

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup madras curry powder
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 1 lime zest
- ☐ 1 tablespoon cracked pepper black
- ☐ 2 tablespoons salt
- ☐ 4 servings vegetable oil for grilling
- ☐ 3 pound meat from a rotisserie chicken whole

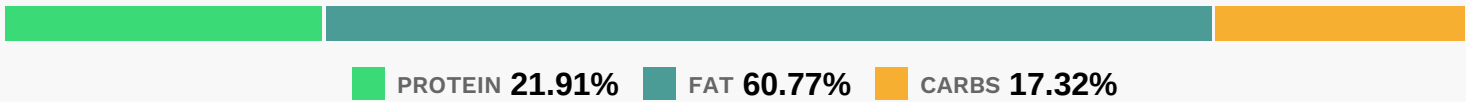
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Loosen the skin on the breast and legs. Rub the flesh of the chicken, under the skin, with the lime zest.
- ☐ Mix the curry powder, parsley, salt and pepper together and rub all over the chicken.
- ☐ Place in a resealable plastic bag.
- ☐ Let the chicken sit overnight in the fridge.
- ☐ Preheat the grill to medium.
- ☐ Brush the grill with vegetable oil.
- ☐ Place the chicken on the grill skin-side down and grill until the skin becomes golden brown, about 15 minutes. Flip the chicken over, close the cover and continue grilling until just cooked through, about 25 minutes.
- ☐ Remove from the grill, loosely tent with foil and let rest before serving.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:38.825652526773%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 629.15kcal (31.46%), Fat: 44.83g (68.97%), Saturated Fat: 10.19g (63.72%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 13.05g (4.75%), Sugar: 1.55g (1.72%), Cholesterol: 122.47mg (40.82%), Sodium: 3628.33mg (157.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.37g (72.75%), Vitamin K: 136.52µg (130.02%),

Manganese: 2.14mg (107.06%), Iron: 15.11mg (83.93%), Vitamin E: 11.47mg (76.47%), Vitamin B3: 12.74mg (63.72%), Fiber: 15.7g (62.8%), Vitamin B6: 1.1mg (54.83%), Selenium: 31.25µg (44.65%), Phosphorus: 402.42mg (40.24%), Magnesium: 150.87mg (37.72%), Potassium: 1051.62mg (30.05%), Zinc: 4.02mg (26.81%), Calcium: 249.51mg (24.95%), Copper: 0.48mg (23.95%), Folate: 85.41µg (21.35%), Vitamin C: 17.53mg (21.25%), Vitamin A: 998.48IU (19.97%), Vitamin B2: 0.33mg (19.43%), Vitamin B5: 1.56mg (15.58%), Vitamin B1: 0.22mg (14.67%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)