



Grilled Firecracker Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup no-sugar-added apple jelly
- ☐ 6 slices jalapeño peppers canned
- ☐ 0.1 teaspoon garlic powder
- ☐ 2 tablespoons juice of lemon
- ☐ 1 Dash salt
- ☐ 16 ounce skinned
- ☐ 0.3 cup no-salt-added tomato sauce

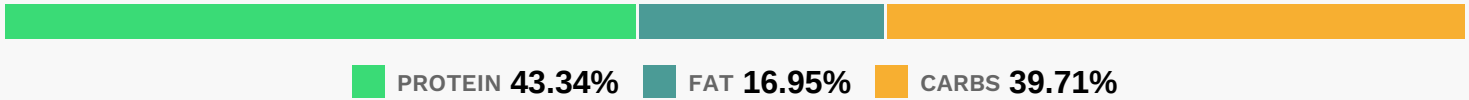
Equipment

- ☐ food processor
- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in container of an electric blender or food processor; cover and process until smooth.
- ☐ Place chicken in a heavy-duty, zip-top plastic bag.
- ☐ Add 1/4 cup tomato sauce mixture, reserving remaining tomato sauce mixture. Seal bag, and shake until chicken is well coated. Marinate in refrigerator at least 15 minutes.
- ☐ Remove chicken from marinade, discarding marinade. Coat grill rack with cooking spray, and place on grill over medium-hot coals (350 to 400).
- ☐ Place chicken on rack; grill, covered, 5 minutes on each side or until done.
- ☐ Serve with reserved tomato sauce mixture.
- ☐ Garnish with fresh jalapeno slices, if desired.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:8.28, Inflammation Score:-9, Nutrition Score:21.380000155905%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 237.33kcal (11.87%), Fat: 4.5g (6.92%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 19.08g (6.94%), Sugar: 14.56g (16.18%), Cholesterol: 72.57mg (24.19%), Sodium: 2851.7mg (123.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.88g (51.75%), Vitamin B3: 12.67mg (63.37%), Vitamin B6: 1.17mg (58.75%), Vitamin A: 2774.87IU (55.5%), Selenium: 37.49µg (53.56%), Vitamin C: 23.16mg (28.08%), Phosphorus: 276.75mg (27.68%), Vitamin B5: 2.34mg (23.43%), Potassium: 806.5mg (23.04%), Iron:

3.66mg (20.35%), Vitamin K: 20.92µg (19.93%), Fiber: 4.63g (18.51%), Copper: 0.3mg (15.24%), Magnesium: 57.32mg (14.33%), Vitamin B2: 0.2mg (11.96%), Manganese: 0.23mg (11.35%), Vitamin E: 1.62mg (10.82%), Vitamin B1: 0.15mg (10.01%), Zinc: 1.25mg (8.35%), Folate: 32.1µg (8.02%), Calcium: 49.19mg (4.92%), Vitamin B12: 0.23µg (3.78%)