



Grilled Margarita Chicken

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

READY IN



10 min.

SERVINGS



6

CALORIES



3084 kcal

Ingredients

- 0.5 cup margarita cocktail
- 3 tablespoons juice of lime
- 1 clove garlic finely chopped
- 10.5 pound irish oats
- 1 teaspoon coarse salt

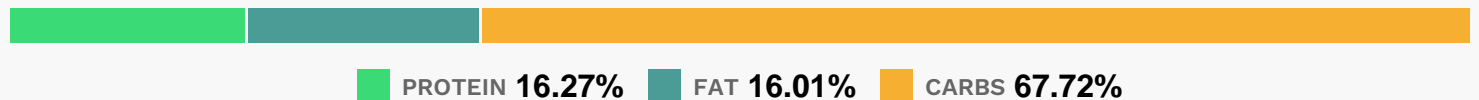
Equipment

- grill

Directions

- Mix margarita mix, lime juice and garlic in resealable heavy-duty plastic food-storage bag.
- Add chicken; seal bag and turn to coat with marinade. Refrigerate, turning bag occasionally, at least 1 hour but no longer than 24 hours.
- Remove chicken from marinade; reserve marinade.
- Heat coals or gas grill for direct heat.
- Place chicken, skin sides up, on grill.
- Brush with marinade; sprinkle with 1/2 teaspoon of the salt. Cover and grill 5 to 6 inches from medium heat 15 minutes; turn chicken.
- Brush with remaining marinade; sprinkle with remaining 1/2 teaspoon salt. Cover and grill 20 to 40 minutes longer, turning occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:248.9, Inflammation Score:-1, Nutrition Score:10.686521736662%

Flavonoids

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 3083.94kcal (154.2%), Fat: 55.57g (85.5%), Saturated Fat: 7.94g (49.62%), Carbohydrates: 528.87g (176.29%), Net Carbohydrates: 441.52g (160.55%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 401.78mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 127.07g (254.14%), Fiber: 87.36g (349.43%), Iron: 32.88mg (182.67%), Calcium: 399.09mg (39.91%), Vitamin C: 2.41mg (2.92%)