



Grilled Mexican Citrus Chicken

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup orange juice
- 0.5 cup juice of lime
- 0.5 cup vegetable oil
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup onion chopped
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon salt

- 0.5 teaspoon hot sauce red
- 6 lb roasting chickens whole

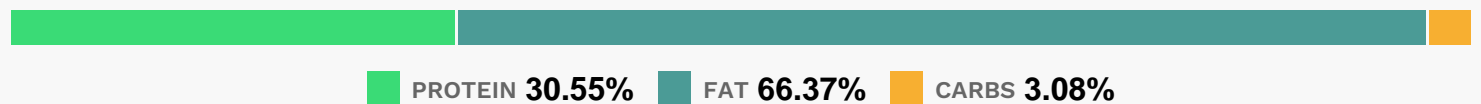
Equipment

- grill
- ziploc bags

Directions

- In large shallow glass dish or 2-gallon resealable food-storage plastic bag, mix all ingredients except chicken.
- Add chicken; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning chicken occasionally, at least 3 hours but no longer than 24 hours.
- Heat gas or charcoal grill.
- Remove chicken from marinade; reserve marinade.
- Place chicken, skin sides up, on grill. Cover grill; cook over medium heat 15 to 20 minutes.
- Turn chicken. Cover grill; cook 20 to 40 minutes longer, turning and brushing 2 to 3 times with marinade, until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs). Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:22.098260962445%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 570.65kcal (28.53%), Fat: 41.42g (63.73%), Saturated Fat: 11.41g (71.29%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.73g (1.35%), Sugar: 1.86g (2.07%), Cholesterol: 213.57mg (71.19%), Sodium: 486.78mg (21.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.9g (85.81%), Vitamin B3: 16.2mg (80.98%), Vitamin A: 2469.18IU (49.38%), Phosphorus: 421.73mg (42.17%), Vitamin B6: 0.84mg (41.84%), Selenium: 29.1µg (41.57%), Vitamin B12: 2.46µg (40.98%), Vitamin B2: 0.44mg (26.18%), Vitamin B5: 2.6mg (25.97%), Vitamin C: 18.99mg (23.01%), Iron: 3.98mg (22.08%), Zinc: 3.28mg (21.85%), Folate: 72.34µg (18.08%), Potassium: 574.21mg (16.41%), Magnesium: 54.07mg (13.52%), Vitamin B1: 0.17mg (11.51%), Copper: 0.18mg (8.88%), Vitamin K: 7.78µg (7.41%), Manganese: 0.12mg (5.75%), Vitamin E: 0.67mg (4.49%), Calcium: 38.3mg (3.83%), Fiber: 0.59g (2.37%)