



Grilled Mexican Citrus Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



1355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 lb irish oats whole
- ☐ 4 teaspoons chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup juice of lime
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon hot sauce red

- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil

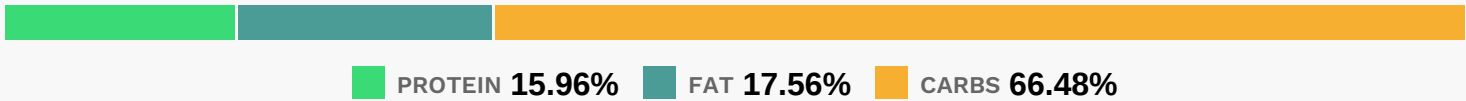
Equipment

- ☐ 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 (170F for breasts; 180F for thighs and legs). Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:107.59, Inflammation Score:-4, Nutrition Score:11.049565254346%

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: 1354.83kcal (67.74%), Fat: 26.84g (41.3%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 228.62g (76.21%), Net Carbohydrates: 190.61g (69.31%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 315.42mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.89g (109.79%), Fiber: 38.01g (152.05%), Iron: 14.66mg (81.43%), Calcium: 183.56mg (18.36%), Vitamin C: 13.02mg (15.79%), Vitamin A: 375.66IU (7.51%), Vitamin K: 7.78µg (7.41%), Vitamin E: 0.67mg (4.49%), Potassium: 87.46mg (2.5%), Manganese: 0.05mg (2.4%), Vitamin B6: 0.04mg (2.11%), Folate: 7.77µg (1.94%), Vitamin B1: 0.03mg (1.74%), Magnesium: 6.89mg (1.72%), Copper: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.2%), Phosphorus: 11.97mg (1.2%), Vitamin B3: 0.23mg (1.17%)