



WHATSheATE



Grilled Mustard Chicken with Fresh Corn Polenta

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large strips. with skin and bones
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup dijon mustard
- ☐ 2 cups ears corn fresh (cut from 3 large ears)
- ☐ 1 large garlic clove pressed
- ☐ 6 spring onion finely chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 cup mascarpone cheese
- ☐ 6 servings olive oil
- ☐ 1 cup cornmeal (coarse cornmeal)
- ☐ 1 teaspoon sugar
- ☐ 5 cups water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill

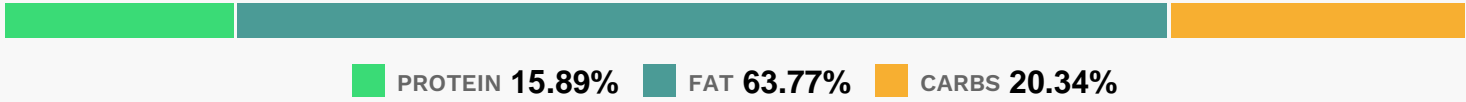
Directions

- ☐ Whisk onions, mustard, lemon juice, and garlic in medium bowl to blend. Using fingertips and leaving 1 side still attached, loosen skin on each chicken thigh. Lift skin flap on each and fold back. Spoon half of mustard seasoning atop thighs, dividing equally; spread to cover meat. Fold skin flap over to enclose seasoning and secure skin with metal pin.
- ☐ Sprinkle thighs with salt and pepper on both sides. Turn thighs, skin side up, and spread remaining mustard seasoning over skin.
- ☐ Transfer to small baking sheet.DO AHEAD: Chicken can be prepared 6 hours ahead. Cover and refrigerate.
- ☐ Prepare barbecue (medium-high heat).Preheat oven to 250°F.
- ☐ Brush grill rack generously with olive oil grill chicken until golden brown and cooked through, turning chicken occasionally and moving to cooler spot on grill if browning too quickly, 40 to 50 minutes.
- ☐ Transfer grilled chicken to another baking sheet; keep warm in oven while preparing polenta.
- ☐ Bring 5 cups water to boil in heavy large saucepan over high heat. Gradually whisk in polenta, then 1 1/2 teaspoons coarse salt and sugar. Reduce heat to medium-low; simmer until polenta is tender, thick, and creamy, whisking often and adjusting heat to maintain gentle simmer, 25

to 30 minutes.

- ☐ Add corn kernels and cook, stirring constantly, until corn is tender, about 5 minutes.
- ☐ Mix in mascarpone cheese. Season polenta to taste with salt and pepper.
- ☐ Spoon polenta onto each of 6 plates. Top with grilled chicken and serve.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:12.25, Inflammation Score:-6, Nutrition Score:16.84043486222%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 612.96kcal (30.65%), Fat: 43.8g (67.39%), Saturated Fat: 12.71g (79.42%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 27.21g (9.9%), Sugar: 4.6g (5.11%), Cholesterol: 129.49mg (43.16%), Sodium: 813.3mg (35.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.11%), Selenium: 26.69µg (38.13%), Vitamin B3: 6.88mg (34.42%), Vitamin K: 36µg (34.29%), Vitamin B6: 0.61mg (30.54%), Phosphorus: 297.79mg (29.78%), Magnesium: 77.35mg (19.34%), Vitamin B1: 0.27mg (17.72%), Zinc: 2.6mg (17.32%), Vitamin B5: 1.7mg (16.99%), Manganese: 0.34mg (16.97%), Fiber: 4.23g (16.94%), Vitamin E: 2.49mg (16.61%), Potassium: 501.02mg (14.31%), Vitamin B2: 0.22mg (12.82%), Iron: 2.24mg (12.43%), Vitamin B12: 0.72µg (12.05%), Vitamin A: 568.22IU (11.36%), Folate: 41.62µg (10.41%), Copper: 0.2mg (9.97%), Vitamin C: 6.71mg (8.13%), Calcium: 60.5mg (6.05%)