



HEALTH SCORE

53%

Grilled Red Chile Buttermilk Chicken with Spicy Mango Honey Glaze



Gluten Free

READY IN



390 min.

SERVINGS



4

CALORIES



1186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 0.3 teaspoon chile de arbol powder depending on how spicy you like it
- ☐ 4 cups buttermilk
- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 32 ounces chicken breasts bone-in

- ☐ 4 skin-on chicken drumsticks
- ☐ 4 chicken thighs
- ☐ 1 tablespoon cascabel chile powder
- ☐ 1 tablespoon new mexican chile powder
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 cloves garlic chopped
- ☐ 1 teaspoon sea salt
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 3 tablespoons r honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 mangoes pitted ripe peeled chopped
- ☐ 1 small onion spanish chopped
- ☐ 1 teaspoon onion powder
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup pineapple juice
- ☐ 1 teaspoon paprika smoked

Equipment

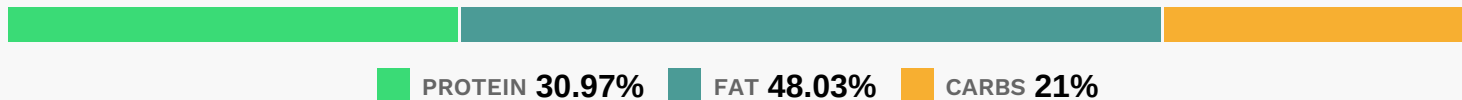
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.

- ☐ Heat the oil in a large high-sided saute pan over medium-high heat.
- ☐ Add the garlic and onions cook until soft, about 4 minutes.
- ☐ Add the mangoes and cook until soft and juicy, stirring occasionally.
- ☐ Add the wine, orange and pineapple juices, 3 tablespoons honey and the chile de arbol and cook, stirring occasionally, about 3 minutes.
- ☐ Transfer to a blender and carefully blend until smooth, about 2 minutes. Strain into a bowl, season with salt and pepper and more honey if needed. The mixture should be a thick puree. If too thick, thin with a touch of water.
- ☐ Let cool to room temperature before serving.
- ☐ Whisk together the buttermilk, chile powders, coriander, granulated garlic, onion powder, paprika and cinnamon in a large baking dish.
- ☐ Add the chicken and turn to coat. Cover and refrigerate for at least 4 hours and up to 24 hours, turning a few times.
- ☐ Remove the chicken from the marinade and pat dry.
- ☐ Place the chicken on a baking rack set over a baking sheet, return to the refrigerator and let sit, uncovered, for at least 1 hour and up to 4 hours.
- ☐ Remove the chicken from the refrigerator 30 minutes before grilling.
- ☐ Heat the grill for indirect grilling.
- ☐ Brush the chicken on both sides with the oil and sprinkle with salt and pepper.
- ☐ Place on the grill directly over the heat and cook until golden brown, about 5 minutes. Flip the chicken over and continue grilling until the bottom is golden brown. Move to the cooler side of the grill, close the cover and continue grilling until cooked through, about 15 minutes longer. During the last few minutes, brush with some of the mango honey glaze.
- ☐ Remove to a platter and drizzle with more of the glaze.

Nutrition Facts



Properties

Glycemic Index:90.51, Glycemic Load:23.66, Inflammation Score:-10, Nutrition Score:53.503043962562%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 1186.24kcal (59.31%), Fat: 62.66g (96.4%), Saturated Fat: 14.69g (91.81%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 54.96g (19.99%), Sugar: 50.81g (56.46%), Cholesterol: 351.94mg (117.31%), Sodium: 819.59mg (35.63%), Alcohol: 3.09g (100%), Alcohol %: 0.42% (100%), Protein: 90.91g (181.82%), Vitamin B3: 35.08mg (175.42%), Selenium: 121µg (172.85%), Vitamin B6: 2.91mg (145.46%), Phosphorus: 1059.85mg (105.99%), Vitamin A: 5163.52IU (103.27%), Vitamin C: 71.36mg (86.5%), Vitamin B5: 6.59mg (65.86%), Vitamin B2: 1.1mg (64.48%), Vitamin E: 9.31mg (62.04%), Potassium: 2148.99mg (61.4%), Vitamin B12: 2.7µg (44.95%), Magnesium: 161.13mg (40.28%), Zinc: 5.84mg (38.93%), Calcium: 374.72mg (37.47%), Vitamin K: 37.36µg (35.58%), Vitamin B1: 0.51mg (34.25%), Manganese: 0.6mg (30.03%), Folate: 108.49µg (27.12%), Copper: 0.54mg (26.84%), Fiber: 6.67g (26.69%), Iron: 4.42mg (24.58%), Vitamin D: 3.54µg (23.57%)