



Grilled Spicy Cilantro Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 12 small skinned and boned chicken thighs
- 2 bunches cilantro leaves fresh loosely packed (3 cups leaves)
- 6 servings herbs fresh assorted chopped
- 2 bunches mint leaves fresh loosely packed (1 cup leaves)
- 4 garlic cloves
- 1 teaspoon ground ginger
- 4 medium size jalapeño peppers seeded

- 2 tablespoons juice of lemon fresh
- 6 servings naan bread
- 0.7 cup olive oil
- 8 plum tomatoes halved
- 1 teaspoon salt

Equipment

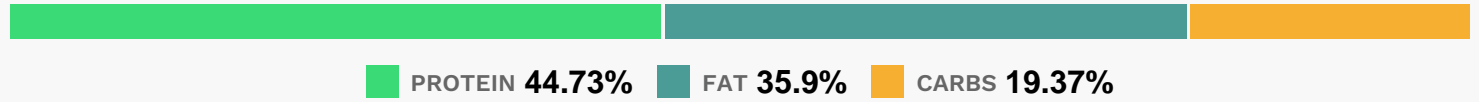
- baking sheet
- baking paper
- oven
- blender
- grill

Directions

- Preheat grill to 350 to 400 (medium-high) heat. Process first 4 ingredients and 1/4 cup water in a blender until smooth.
- Add mint and next 3 ingredients, and process until smooth, stopping to scrape down sides as needed.
- Rub 1/2 cup cilantro mixture over chicken; cover and chill 10 minutes. Reserve 1/2 cup cilantro mixture for Grilled Chicken Naan Pizza and 1/2 cup to serve with chicken.
- Grill chicken, covered with grill lid, 5 to 6 minutes on each side or until done.
- Remove from grill, and let stand 5 minutes.
- Meanwhile, grill tomato halves 3 to 5 minutes or just until they begin to blister.
- Sprinkle with salt and pepper, drizzle with desired amount of olive oil, and top with chopped fresh herbs. Grill naan 1 to 2 minutes on each side or just until puffy and soft.
- Reserve 6 chicken thighs and 4 tomato halves for Grilled Chicken Naan Pizza.
- Serve remaining chicken and tomatoes with grilled naan bread and reserved 1/2 cup cilantro mixture.
- LEFTOVER DINNER: Grilled Chicken Naan Pizza: Preheat oven to 45
- Thinly slice 6 Grilled Spicy Cilantro Chicken thighs.

- Place 2 naan breads on a parchment paper-lined baking sheet; spread each with 1 Tbsp. reserved cilantro mixture; layer each with 1/2 cup sliced chicken, 4 reserved plum tomato halves, and 4 fresh mozzarella cheese slices.
- Bake 7 to 8 minutes or until cheese melts. Top with arugula.
- Serve with remaining cilantro mixture. Makes 4 servings.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:27.666087067646%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 431.01kcal (21.55%), Fat: 16.83g (25.9%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 18.25g (6.63%), Sugar: 3.77g (4.18%), Cholesterol: 217.18mg (72.39%), Sodium: 809.34mg (35.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.2g (94.4%), Vitamin K: 91.77µg (87.4%), Selenium: 51.62µg (73.75%), Vitamin B3: 13.39mg (66.95%), Vitamin B6: 1.15mg (57.49%), Phosphorus: 453.64mg (45.36%), Vitamin C: 31.42mg (38.08%), Vitamin B5: 2.87mg (28.72%), Vitamin A: 1418.14IU (28.36%), Vitamin B2: 0.44mg (25.75%), Zinc: 3.7mg (24.67%), Vitamin B12: 1.45µg (24.11%), Potassium: 835.43mg (23.87%), Magnesium: 67.93mg (16.98%), Vitamin B1: 0.25mg (16.63%), Manganese: 0.33mg (16.58%), Iron: 2.56mg (14.23%), Vitamin E: 1.99mg (13.24%), Copper: 0.21mg (10.3%), Fiber: 2.19g (8.77%), Folate: 34.33µg (8.58%), Calcium: 64.99mg (6.5%)