



Grilled Spicy-Citrus Chicken Thighs with Corn and Green Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 large chicken thighs with skin and bones (6 pounds)
- ☐ 8 ears of corn husked
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves thinly sliced
- ☐ 16 green onions
- ☐ 1 cup juice of lime fresh
- ☐ 0.5 cup olive oil

- ☐ 0.7 cup orange juice fresh
- ☐ 2 teaspoons pepper sauce hot
- ☐ 2 teaspoons pepper dried red crushed

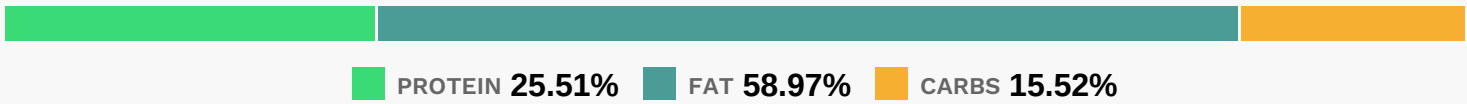
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk first 7 ingredients in medium bowl. Season marinade with salt and pepper.
- ☐ Place chicken thighs in large resealable plastic bag.
- ☐ Place green onions and corn in extra-large resealable plastic bag. Divide marinade equally between bags; seal bags, turning to coat. Chill chicken, corn, and green onions 4 hours, turning bags occasionally.
- ☐ Prepare barbecue (medium heat).
- ☐ Remove chicken and vegetables from marinade; discard marinade. Grill chicken until charred and juices run clear when pierced with knife, turning occasionally and rearranging on grill for even cooking, about 25 minutes. Grill green onions and corn until charred on all sides, about 6 minutes for green onions and 13 minutes for corn.
- ☐ Transfer chicken, green onions, and corn to platter and serve.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:25.284347979919%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 624.74kcal (31.24%), Fat: 41.65g (64.08%), Saturated Fat: 10.81g (67.59%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 21.83g (7.94%), Sugar: 8.51g (9.46%), Cholesterol: 221.48mg (73.83%), Sodium: 227.57mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.09%), Vitamin B3: 12.42mg (62.11%), Selenium: 43.32µg (61.89%), Vitamin K: 60.2µg (57.33%), Vitamin B6: 0.93mg (46.27%), Phosphorus: 458.19mg (45.82%), Vitamin C: 31.53mg (38.22%), Vitamin B5: 3.06mg (30.56%), Potassium: 871.71mg (24.91%), Vitamin B12: 1.45µg (24.11%), Vitamin B1: 0.35mg (23.43%), Zinc: 3.41mg (22.75%), Vitamin B2: 0.39mg (22.74%), Magnesium: 87.16mg (21.79%), Folate: 70.03µg (17.51%), Vitamin A: 857.8IU (17.16%), Iron: 2.56mg (14.2%), Manganese: 0.27mg (13.4%), Fiber: 2.82g (11.29%), Copper: 0.21mg (10.65%), Vitamin E: 1.35mg (9.01%), Calcium: 48.81mg (4.88%), Vitamin D: 0.23µg (1.51%)