



Grilled Yucatan Chicken Skewers



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chipotle in adobo sauce pureed
- ☐ 2 tablespoons ancho chile powder
- ☐ 2 tablespoons canola oil
- ☐ 3 cloves garlic coarsely chopped
- ☐ 1 halves grilled lime for garnish
- ☐ 0.3 cup squeezed lime juice fresh
- ☐ 0.5 cup squeezed orange juice fresh
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 6 servings scallions chopped for garnish
- ☐ 6 chicken thighs boneless skinless cut in half lengthwise

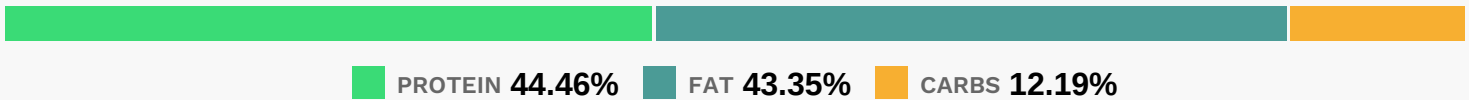
Equipment

- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 24 wooden skewers, soaked in water for 3 to 4 hours
- ☐ Skewer each half chicken thigh with 2 skewers so that they lay flat.
- ☐ Place the chicken in a large shallow baking dish.
- ☐ Whisk together the orange juice, lime juice, oil, chili powder, and garlic.
- ☐ Pour over the thighs and marinate in the refrigerator 1 to 4 hours.
- ☐ Prepare a charcoal grill to high heat.
- ☐ Remove the thighs from the marinade and sprinkle with salt and pepper on both sides.
- ☐ Place the thighs directly over the coals and cook until each side becomes golden brown and slightly charred, about 4 minutes per side. Turn, cover the grill and cook for another few minutes until tender.
- ☐ Remove from the grill and let rest 5 minutes.
- ☐ Cut the thighs directly down the center creating 2 skewers.
- ☐ Remove the chicken from the skewers and serve garnished with scallions and lime wedges.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:13.612173764602%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 3.45mg, Hesperetin: 3.45mg, Hesperetin: 3.45mg, Hesperetin: 3.45mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 202.85kcal (10.14%), Fat: 9.76g (15.02%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.45g (1.62%), Sugar: 2.59g (2.88%), Cholesterol: 107.35mg (35.78%), Sodium: 146mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.05%), Selenium: 26.37µg (37.67%), Vitamin B3: 6.76mg (33.8%), Vitamin B6: 0.59mg (29.67%), Phosphorus: 228.94mg (22.89%), Vitamin K: 22.11µg (21.06%), Vitamin A: 925IU (18.5%), Vitamin C: 15.02mg (18.21%), Vitamin B5: 1.45mg (14.47%), Vitamin B2: 0.24mg (14.09%), Vitamin E: 2.1mg (14.02%), Zinc: 1.89mg (12.62%), Vitamin B12: 0.72µg (12.05%), Potassium: 406.05mg (11.6%), Iron: 1.66mg (9.23%), Vitamin B1: 0.14mg (9.06%), Magnesium: 34.8mg (8.7%), Fiber: 1.73g (6.91%), Manganese: 0.12mg (5.78%), Copper: 0.11mg (5.63%), Folate: 16.39µg (4.1%), Calcium: 30.19mg (3.02%)