



Grilling: Mexican Roadside Chicken with Green Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 large chicken
- ☐ 1 pinch ground cloves
- ☐ 2 garlic clove crushed peeled finely chopped
- ☐ 1.5 teaspoons ancho chili powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 servings olive oil for brushing the onions

- ☐ 2 large bunches spring onion
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon onion for the onions plus a little more
- ☐ 4 servings salsa verde for serving

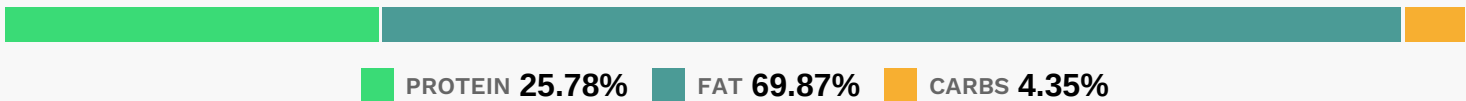
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Light a chimney 3/4 full of charcoal. While the charcoal is lighting, mix all the ingredients for the rub together in a small bowl.
- ☐ When the charcoal is fully lit and covered in gray ash, pour coals out and arrange them on one side of the charcoal grate, keeping the other side empty.
- ☐ Place the chicken over the cool side of the grill, skin side down, and brush exposed side with the wet rub. Flip the chicken over and brush the other side with the rub. Cover the grill and cook, basting occasionally with any remaining rub, at 350 degrees until an instant read thermometer reads 165 degrees when inserted into the thickest part of the breast, about 45 minutes.
- ☐ Remove the chicken from the grill and allow to rest for 10 to 15 minutes.
- ☐ While the chicken is resting, brush the onions with olive oil and season with salt.
- ☐ Place the onions over the hot side of the grill and cook until tender and browned, about 5 minutes per side.
- ☐ To serve, cut the chicken into quarters, top with green onions and tomatillo salsa.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:17.760869658512%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 567.98kcal (28.4%), Fat: 43.38g (66.73%), Saturated Fat: 10.18g (63.61%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.74g (4.16%), Cholesterol: 142.83mg (47.61%), Sodium: 379.1mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.02%), Vitamin B3: 13.2mg (66.01%), Selenium: 27.92µg (39.89%), Vitamin K: 40.18µg (38.27%), Vitamin B6: 0.72mg (36.03%), Phosphorus: 293.54mg (29.35%), Vitamin E: 3.05mg (20.31%), Vitamin C: 14.8mg (17.94%), Vitamin B5: 1.79mg (17.93%), Zinc: 2.62mg (17.49%), Vitamin A: 849.06IU (16.98%), Potassium: 526.37mg (15.04%), Vitamin B2: 0.25mg (14.97%), Iron: 2.39mg (13.26%), Magnesium: 45.86mg (11.47%), Manganese: 0.21mg (10.38%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.14mg (9.39%), Folate: 25.31µg (6.33%), Copper: 0.13mg (6.27%), Calcium: 48.17mg (4.82%), Fiber: 1g (3.99%), Vitamin D: 0.38µg (2.54%)