



Harissa Chicken

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon caraway seeds
- 1 chipotle pepper in adobo sauce
- 1 teaspoon adobo sauce from chipotle peppers
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1 tablespoon olive oil extra-virgin
- 4 servings salt and pepper black to taste
- 4 chicken breast halves boneless skinless

2 tablespoons paprika smoked

Equipment

bowl

grill

mortar and pestle

Directions

Place the smoked paprika, garlic, cumin, caraway seeds, chipotle pepper, and adobo sauce into a mortar, and grind together with a pestle to make a paste. Smear the paste all over the chicken breasts, place into a bowl, cover, and refrigerate at least 4 hours or overnight.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Remove chicken from marinade, and discard the excess marinade.

Brush the chicken breasts with olive oil, and sprinkle with salt and pepper. Grill the chicken breasts until the meat shows grill marks and the inside is no longer pink, about 5 minutes per side.

Nutrition Facts


PROTEIN 55.83% **FAT 35.85%** **CARBS 8.32%**

Properties

Glycemic Index:12.5, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:14.760434871135%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 178.74kcal (8.94%), Fat: 7.07g (10.88%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.72g (0.81%), Cholesterol: 72.32mg (24.11%), Sodium: 328.55mg (14.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.54%), Vitamin B3: 12.19mg (60.95%), Selenium: 36.68µg (52.4%), Vitamin B6: 0.94mg (47.19%), Vitamin A: 1766.34IU (35.33%), Phosphorus: 255.92mg (25.59%), Vitamin B5: 1.71mg (17.07%), Potassium: 519.68mg (14.85%), Vitamin E: 1.77mg (11.78%), Magnesium: 39.11mg (9.78%), Iron: 1.74mg (9.65%), Vitamin B2: 0.16mg (9.48%), Fiber: 2g (7.98%), Vitamin B1: 0.09mg (6.13%), Manganese:

0.12mg (6.07%), Zinc: 0.88mg (5.84%), Vitamin K: 5.2µg (4.95%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.45%), Calcium: 24.64mg (2.46%), Vitamin C: 2mg (2.42%), Folate: 6.38µg (1.6%)