



## Honey Mint Glazed Grilled Chicken



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup vinegar white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 pound meat from a rotisserie chicken cut into parts
- ☐ 6 servings salt
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup honey
- ☐ 2 tablespoons water
- ☐ 0.5 cup mint leaves dried fresh chopped (or 2 tablespoons mint)

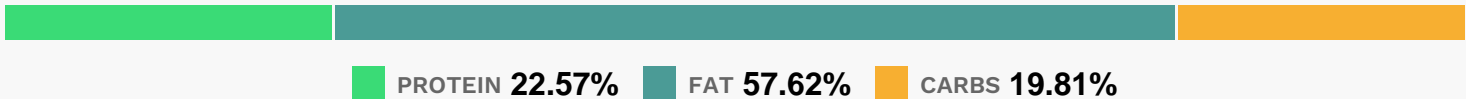
# Equipment

- ☐ bowl
- ☐ knife
- ☐ grill

# Directions

- ☐ Place chicken pieces in a bowl.
- ☐ Mix vinegar with olive oil and pour over chicken pieces. Turn chicken pieces so that all are coated with the simple marinade.
- ☐ Let marinate for 30 minutes to an hour.
- ☐ Make honey mint glaze: In a small bowl mix honey, mint, and just enough water for a good basting consistency. Set aside for glazing the chicken.
- ☐ Grill the chicken: Prepare grill for medium high heat.
- ☐ Remove chicken pieces from marinade.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Place chicken pieces on the hot grill, skin side up. Cook for approximately 25–40 minutes, covered, turning every 7 or 8 minutes.
- ☐ Baste with the glaze: For the last 5–10 minutes of cooking, baste all sides with the honey mint mixture. The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165°F.
- ☐ Note that although the breast pieces are bigger, they may finish cooking earlier than the thighs.

# Nutrition Facts



# Properties

Glycemic Index:22.38, Glycemic Load:12.15, Inflammation Score:-4, Nutrition Score:11.175652182621%

# Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg

Nutrients (% of daily need)

Calories: 482.3kcal (24.12%), Fat: 30.9g (47.54%), Saturated Fat: 7.51g (46.93%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 23.52g (8.55%), Sugar: 23.2g (25.78%), Cholesterol: 108.86mg (36.29%), Sodium: 298.35mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.47%), Vitamin B3: 9.97mg (49.85%), Selenium: 21.19µg (30.27%), Vitamin B6: 0.52mg (26%), Phosphorus: 217.82mg (21.78%), Vitamin B5: 1.35mg (13.54%), Zinc: 2.01mg (13.39%), Vitamin E: 1.73mg (11.55%), Vitamin B2: 0.2mg (11.47%), Iron: 1.68mg (9.34%), Potassium: 312.03mg (8.92%), Magnesium: 32.93mg (8.23%), Vitamin B12: 0.45µg (7.5%), Vitamin K: 7.76µg (7.39%), Vitamin A: 363.06IU (7.26%), Vitamin B1: 0.09mg (6.02%), Manganese: 0.11mg (5.67%), Copper: 0.1mg (4.75%), Vitamin C: 3.66mg (4.43%), Folate: 13.57µg (3.39%), Calcium: 28.21mg (2.82%), Vitamin D: 0.29µg (1.94%), Fiber: 0.38g (1.53%)