



Jordan's Apple Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple juice
- ☐ 16 chicken thighs (4 lb. total)
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 1 teaspoon thyme leaves or dried fresh
- ☐ 2 cloves garlic pressed
- ☐ 0.5 cup soya sauce reduced-sodium
- ☐ 0.3 teaspoon pepper white

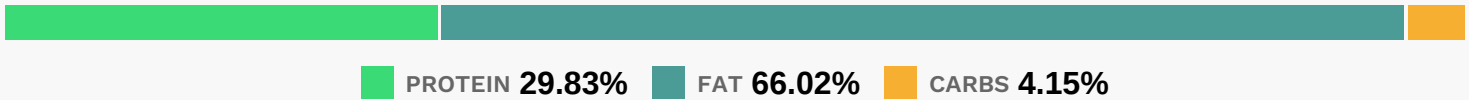
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a large bowl, combine apple juice, soy sauce, basil, thyme, pepper, and garlic.
- ☐ Pull off or trim and discard skin and excess fat from thighs.
- ☐ Add chicken to bowl and mix to coat pieces with the liquid. Cover and chill at least 1 hour or up to 24, stirring occasionally.
- ☐ Lift chicken from marinade and lay on a grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds). Cover barbecue, open vents, and cook 15 minutes. Lift thighs from grill and dip in marinade to coat. Return chicken to grill, browned side up. Cover barbecue and cook until chicken is no longer pink at bone (cut to test), about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:16.29695660135%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 520.01kcal (26%), Fat: 37.64g (57.91%), Saturated Fat: 10.14g (63.35%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.07g (3.41%), Cholesterol: 221.48mg (73.83%), Sodium: 749.19mg (32.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.27g (76.53%), Selenium: 42.48µg (60.69%), Vitamin B3: 10.72mg (53.58%), Vitamin B6: 0.82mg (40.88%), Phosphorus: 387.65mg (38.76%), Vitamin B12: 1.45µg (24.11%), Vitamin B5: 2.37mg (23.69%), Vitamin B2: 0.34mg (20.26%), Zinc: 2.98mg (19.85%), Potassium: 557.5mg (15.93%), Magnesium: 56.61mg (14.15%), Vitamin B1: 0.18mg (12.13%), Iron: 1.86mg (10.31%), Manganese: 0.15mg (7.74%), Vitamin K: 7.87µg (7.5%), Copper: 0.13mg (6.69%), Vitamin A: 228.1IU (4.56%), Vitamin E: 0.55mg (3.66%), Folate: 14.44µg (3.61%), Calcium: 29.2mg (2.92%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.06mg (1.29%), Fiber: 0.25g (1.01%)