



Larry's Fire Roasted Chicken Skewers with Tangerine-Cascabel Glaze with Tangerine-Pomegranate Relish

 Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 32 bamboo skewers for 2 hours
- ☐ 0.3 teaspoon cayenne
- ☐ 16 flour tortillas
- ☐ 8 servings chives fresh finely chopped
- ☐ 3 tablespoons cilantro leaves fresh coarsely chopped

- ☐ 1 teaspoon honey
- ☐ 8 servings honey to taste
- ☐ 0.3 tablespoons juice of lemon
- ☐ 8 servings juice of lemon to taste
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons juice of lime
- ☐ 1 pinch cascabel powder
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 2 tablespoons paprika
- ☐ 1 tablespoon pasilla chile powder
- ☐ 1 seeds from pomegranate
- ☐ 0.5 small onion diced red finely
- ☐ 1 cup red wine vinegar
- ☐ 8 servings salt and pepper freshly ground
- ☐ 2 shallots diced finely
- ☐ 8 chicken thighs boneless skinless cut in half lengthwise
- ☐ 1 cup sugar
- ☐ 2 cups tangerine juice
- ☐ 6 tangerines

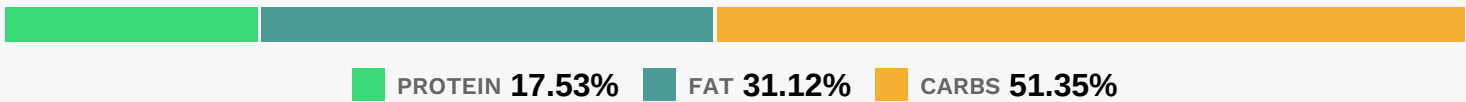
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix together the juices, chile powders, paprika, cayenne, cilantro and oil.
- ☐ Add the chicken thighs and let marinate for 2 hours in the refrigerator. Preheat grill pan.
- ☐ Remove chicken from marinade and thread each chicken half onto 2 skewers so that the meat stays flat on the grill. Season with salt and pepper and grill for 4 minutes on each side or until cooked through.
- ☐ Remove chicken from the grill pan and brush liberally with the tangerine glaze, serve on a platter, serve with the relish and garnish with chives.
- ☐ Serve with flour tortillas.
- ☐ Heat the olive oil in a medium saucepan over medium-heat.
- ☐ Add the shallots and cascabel powder and cook until soft. Raise the heat to high, add the vinegar, sugar and tangerine juice and reduce to a syrup. Season with lemon juice and honey to taste.
- ☐ Add the olive oil and season with salt and pepper.
- ☐ Let cool.
- ☐ Combine all relish ingredients well.

Nutrition Facts



Properties

Glycemic Index:84.33, Glycemic Load:34.71, Inflammation Score:-9, Nutrition Score:27.567391478497%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 20.91mg, Hesperetin: 20.91mg, Hesperetin: 20.91mg, Hesperetin: 20.91mg Naringenin: 8.05mg, Naringenin: 8.05mg, Naringenin: 8.05mg, Naringenin: 8.05mg 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: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 650.37kcal (32.52%), Fat: 22.78g (35.04%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 84.58g (28.19%), Net Carbohydrates: 78.8g (28.65%), Sugar: 49.86g (55.4%), Cholesterol: 107.35mg (35.78%), Sodium: 781.34mg (33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.73%), Vitamin C: 54.98mg (66.64%), Vitamin A: 2866.87IU (57.34%), Selenium: 40.02µg (57.18%), Vitamin B3: 9.96mg (49.78%), Vitamin B6: 0.83mg (41.56%), Phosphorus: 389.52mg (38.95%), Vitamin B1: 0.52mg (34.7%), Vitamin B2: 0.53mg (31.02%), Manganese: 0.52mg (26.04%), Iron: 4.63mg (25.74%), Vitamin E: 3.52mg (23.5%), Folate: 92.97µg (23.24%), Fiber: 5.78g (23.1%), Potassium: 807.28mg (23.07%), Vitamin K: 21.17µg (20.16%), Vitamin B5: 1.87mg (18.69%), Magnesium: 68.18mg (17.04%), Zinc: 2.41mg (16.09%), Calcium: 159.49mg (15.95%), Copper: 0.24mg (12.21%), Vitamin B12: 0.72µg (12.05%)