



Marinated Chicken Quarters

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 0.5 cup juice of lemon
- 1 tablespoon oregano dried
- 1 tablespoon paprika
- 0.5 teaspoon pepper

- 0.5 teaspoon salt
- 2.5 pound chicken whole quartered

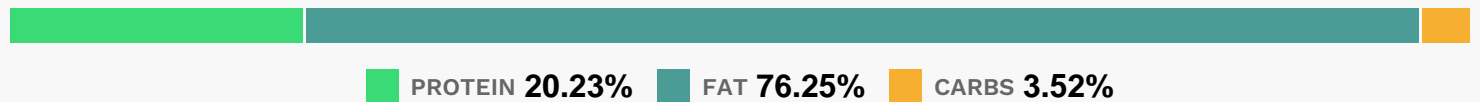
Equipment

- grill
- ziploc bags

Directions

- Combine first 7 ingredients; reserve 1/2 cup butter mixture.
- Sprinkle chicken evenly with salt and pepper.
- Place in shallow dishes or heavy-duty zip-top plastic bags; pour remaining butter mixture evenly over chicken. Cover or seal, and chill, along with reserved butter mixture, 8 hours.
- Remove chicken from marinade, discarding marinade.
- Grill, covered with grill lid, over medium-high heat (350 to 400°F)
- to 45 minutes or until done, basting often with reserved butter mixture and turning once.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:14.253912967184%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 514.07kcal (25.7%), Fat: 43.81g (67.4%), Saturated Fat: 10.68g (66.77%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.01g (1.13%), Cholesterol: 102.06mg (34.02%), Sodium: 1237.63mg (53.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Vitamin B3: 9.55mg (47.75%), Vitamin A: 2104.99IU (42.1%), Selenium: 19.83µg (28.33%), Vitamin B6: 0.55mg (27.32%), Phosphorus: 219.28mg (21.93%), Vitamin C: 14.15mg (17.15%), Vitamin E: 2.09mg (13.95%), Vitamin B5: 1.36mg (13.62%), Iron: 2.44mg (13.58%), Zinc:

1.94mg (12.91%), Vitamin B2: 0.21mg (12.28%), Vitamin K: 11.96µg (11.39%), Potassium: 369.13mg (10.55%), Magnesium: 38.69mg (9.67%), Manganese: 0.17mg (8.55%), Vitamin B12: 0.45µg (7.5%), Vitamin B1: 0.1mg (6.88%), Calcium: 55.65mg (5.57%), Fiber: 1.35g (5.41%), Copper: 0.1mg (4.96%), Folate: 18.52µg (4.63%), Vitamin D: 0.27µg (1.81%)