



Marinated Grilled Chicken Pepitos

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



1086 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chipotle in adobo sauce chopped
- 1 slices avocado for serving
- 2 pounds thinly cut chicken breast
- 2 tablespoons thyme leaves fresh roughly chopped
- 1 clove garlic minced
- 4 servings iceberg lettuce shredded for serving
- 1 juice of orange freshly squeezed
- 1 cup mayonnaise

- 4 servings olive oil for serving
- 1 tablespoon oregano dried crumbled
- 4 servings red wine vinegar for serving
- 4 servings salt and pepper black freshly ground
- 4 bolillo rolls
- 2 tablespoons vegetable oil

Equipment

- frying pan
- mixing bowl
- tongs
- grill pan

Directions

- Place the chicken in a 13-by-9-inch glass dish. Heavily sprinkle chicken with salt and pepper. Toss the chicken with the thyme and oregano, making sure everything is evenly incorporated.
- Pour the orange juice all over the chicken.
- Let it marinate for 10 minutes.
- Heat the vegetable oil on a heavy grill pan over high heat. When the pan is hot, add the chicken. Cook about 5 minutes on one side and flip over, using tongs. Cook on the other side until perfectly browned and the chicken is cooked through, another 5 minutes.
- Remove the chicken from the heat and reserve, covered.
- In a medium mixing bowl, mix the mayonnaise, chipotle and garlic until all ingredients are evenly incorporated. Season with salt. Reserve.
- Spread 1 tablespoon of the mayonnaise mixture on the inside of a bolillo roll. Slightly toast the bolillo roll on the grill pan on medium-high heat, about 1 minute per side.
- Place a chicken breast on the inside of the roll.
- Add the avocado slices and top with lettuce.
- Drizzle with a little bit of olive oil and red wine vinegar. Close the sandwich and serve immediately.

Nutrition Facts

PROTEIN 20.71% FAT 63.48% CARBS 15.81%

Properties

Glycemic Index:89.75, Glycemic Load:24.95, Inflammation Score:-10, Nutrition Score:36.516521650812%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 1085.74kcal (54.29%), Fat: 76.4g (117.54%), Saturated Fat: 11.64g (72.76%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 36.78g (13.37%), Sugar: 8.21g (9.13%), Cholesterol: 168.67mg (56.22%), Sodium: 924.3mg (40.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.09g (112.17%), Vitamin K: 149.74µg (142.61%), Vitamin B3: 24.59mg (122.94%), Selenium: 74.28µg (106.11%), Vitamin B6: 1.88mg (93.76%), Iron: 13.49mg (74.93%), Phosphorus: 534.63mg (53.46%), Vitamin E: 5.99mg (39.94%), Vitamin B5: 3.98mg (39.76%), Potassium: 1226.35mg (35.04%), Vitamin C: 22.25mg (26.98%), Fiber: 6.05g (24.18%), Magnesium: 87.53mg (21.88%), Vitamin B2: 0.34mg (19.75%), Folate: 76.32µg (19.08%), Manganese: 0.35mg (17.66%), Vitamin A: 822.86IU (16.46%), Vitamin B1: 0.23mg (15.38%), Zinc: 1.88mg (12.55%), Copper: 0.2mg (10.07%), Vitamin B12: 0.52µg (8.68%), Calcium: 80.64mg (8.06%), Vitamin D: 0.34µg (2.26%)