



Mole Rubbed Chicken With Confetti Corn Relish



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



266 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons domino brown sugar light
- ☐ 20 oz skinned and boned chicken breasts
- ☐ 1.5 teaspoons mccormick gourmet collection chili powder
- ☐ 4 servings garnish: cilantro sprigs fresh
- ☐ 0.3 teaspoon mccormick gourmet collection saigon cinnamon
- ☐ 4 servings confetti corn relish
- ☐ 1.5 teaspoons mccormick gourmet collection garlic powder

- ☐ 0.5 teaspoon mccormick gourmet collection cracked pepper black
- ☐ 0.5 teaspoon salt coarse-grain
- ☐ 1.5 teaspoons cocoa unsweetened

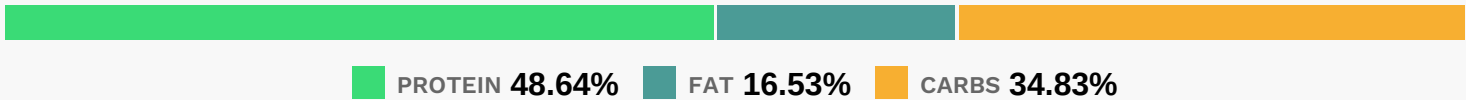
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Coat cold cooking grate with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high).
- ☐ Stir together brown sugar and next 6 ingredients in a small bowl until well blended.
- ☐ Place chicken in a shallow dish; add brown sugar mixture, and turn chicken to coat, pressing mixture into chicken.
- ☐ Place chicken on cooking grate, and grill, covered with grill lid, over 350 to 400 (medium-high) heat 5 to 6 minutes on each side or until done. (Meat thermometer should read 165 when inserted into thickest portion of breast.)
- ☐ Place chicken on a serving platter. Spoon Confetti Corn Relish over top of and around chicken.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:8.01, Inflammation Score:-6, Nutrition Score:17.852608958016%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 265.97kcal (13.3%), Fat: 5g (7.7%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 21.23g (7.72%), Sugar: 9.41g (10.45%), Cholesterol: 90.72mg (30.24%), Sodium: 470.72mg (20.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.12g (66.24%), Vitamin B3: 16.2mg (80.98%), Selenium: 46.08µg (65.83%), Vitamin B6: 1.21mg (60.35%), Phosphorus: 367.38mg (36.74%), Vitamin B5: 2.66mg (26.58%), Potassium: 738.49mg (21.1%), Magnesium: 61.81mg (15.45%), Manganese: 0.25mg (12.34%), Vitamin B2: 0.2mg (11.52%), Vitamin B1: 0.17mg (11.32%), Fiber: 2.48g (9.93%), Vitamin A: 475.89IU (9.52%), Zinc: 1.4mg (9.33%), Vitamin C: 5.99mg (7.26%), Iron: 1.2mg (6.66%), Folate: 24.41µg (6.1%), Copper: 0.11mg (5.54%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.64mg (4.27%), Calcium: 20.83mg (2.08%), Vitamin K: 2.16µg (2.05%)