



Peruvian Grilled Chicken

 Gluten Free  Dairy Free

READY IN



4500 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 garlic clove
- 2 teaspoons ground cumin
- 2 tablespoons juice of lime fresh
- 4 servings lime wedges
- 0.5 teaspoon oregano dried
- 1 teaspoon paprika
- 0.3 cup soya sauce
- 1 tablespoon vegetable oil

- 3.5 pounds chicken whole quartered

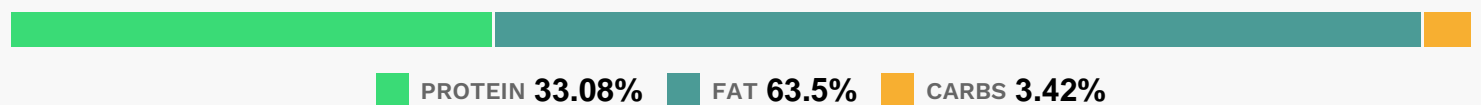
Equipment

- oven
- blender
- roasting pan
- grill
- aluminum foil

Directions

- Blend soy sauce, lime juice, garlic, cumin, paprika, oregano, 1/2 teaspoon pepper, and oil in a blender.
- Put chicken in a large sealable bag and add marinade. Seal bag and marinate, chilled, 8 to 24 hours.
- If using a charcoal grill, open vents on bottom and lid of grill. Light a large chimney starter full of charcoal (preferably hardwood). When coals are lit, dump them out along opposite sides of bottom rack, leaving a space free of coals (the size of the quartered chicken) in middle. When you can hold your hand 5 inches above the grill rack directly over coals for 3 to 4 seconds, coals will be medium-hot.
- If using a gas grill, preheat all burners on high, then reduce heat to medium-high.
- Discard marinade, then pat chicken dry. Oil grill rack, then grill chicken over area with no coals (or over a turned-off burner), skin side down first, covered, turning over once, until cooked through, 30 to 35 minutes (add charcoal to maintain heat).
- If you aren't able to grill outdoors, chicken (quartered) can be roasted in middle of a 500°F oven in a 13- by 9-inch roasting pan with 1 cup water 30 minutes, then tented with foil and roasted until browned and cooked through, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:15.950869498046%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 464.83kcal (23.24%), Fat: 32.43g (49.9%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.59g (0.66%), Cholesterol: 142.88mg (47.63%), Sodium: 1216.21mg (52.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.01g (76.03%), Vitamin B3: 13.87mg (69.33%), Selenium: 28.23µg (40.32%), Vitamin B6: 0.77mg (38.64%), Phosphorus: 319.08mg (31.91%), Vitamin B5: 1.85mg (18.55%), Zinc: 2.71mg (18.04%), Iron: 3.11mg (17.3%), Vitamin B2: 0.27mg (16.13%), Magnesium: 52.66mg (13.16%), Potassium: 458.31mg (13.09%), Manganese: 0.25mg (12.53%), Vitamin K: 11.23µg (10.7%), Vitamin A: 534.52IU (10.69%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.14mg (9.58%), Vitamin C: 6.85mg (8.3%), Vitamin E: 1.1mg (7.31%), Copper: 0.15mg (7.26%), Calcium: 47.44mg (4.74%), Folate: 16.79µg (4.2%), Fiber: 0.68g (2.71%), Vitamin D: 0.38µg (2.54%)