



## Piri-Piri Chicken

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 3 tablespoons butter
- 3.5 pound chicken
- 1 teaspoon kosher salt
- 0.3 cup cilantro leaves fresh chopped
- 1 piece ginger fresh peeled thinly sliced
- 3 garlic clove peeled
- 0.5 cup hot sauce hot

- 0.3 cup juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin for brushing
- 1 large shallots peeled quartered

## Equipment

- frying pan
- sauce pan
- grill
- glass baking pan

## Directions

- Melt butter in small saucepan over medium-high heat.
- Add cilantro and garlic; cook until garlic begins to brown, about 2 minutes.
- Add piri-piri sauce and lemon juice. Reduce heat to medium-low; simmer 2 minutes. DO AHEAD: Glaze can be made up to 1 day ahead. Cover and chill. Rewarm before using.
- Finely chop cilantro, ginger, shallot, and garlic in processor.
- Add piri-piri sauce, 1/4 cup oil, lemon juice, coarse salt, and pepper; process marinade to blend.
- Place chicken, skin side up, on work surface. Using palm of hand, press on breastbone to flatten chicken. Tuck wingtips under.
- Pour half of marinade into 11x7x2-inch glass baking dish. Open chicken like book; place skin side down in single layer in dish.
- Pour remaining marinade over. Cover; chill at least 4 hours or overnight, turning chicken occasionally.
- Remove top rack from barbecue. Prepare barbecue (medium heat). If using 2-burner gas grill, light 1 burner. If using 3-burner gas grill, do not light center burner. If using charcoal grill, light briquettes in chimney and pour onto 1 side of lower grill rack.
- Place disposable aluminum pan on unlit part of grill.
- Place upper grill rack on barbecue; brush with oil.
- Remove chicken from marinade. Arrange skin side up on grill rack above drip pan. Cover barbecue; grill until skin is browned and instant-read thermometer inserted into thickest part of thigh registers 165°F, turning often, about 40 minutes.

- Transfer to platter.
- Pour warm glaze over.

## Nutrition Facts

**PROTEIN 23.36%**

**FAT 74.03%**

**CARBS 2.61%**

### Properties

Glycemic Index:47.25, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:17.303043541701%

### Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

### Nutrients (% of daily need)

Calories: 621.61kcal (31.08%), Fat: 50.91g (78.32%), Saturated Fat: 15.51g (96.91%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.47g (1.26%), Sugar: 1.32g (1.47%), Cholesterol: 165.46mg (55.15%), Sodium: 1577.48mg (68.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.13g (72.27%), Vitamin B3: 13.11mg (65.55%), Selenium: 28µg (39.99%), Vitamin C: 32.95mg (39.94%), Vitamin B6: 0.78mg (38.82%), Phosphorus: 296.15mg (29.61%), Vitamin E: 2.86mg (19.05%), Vitamin B5: 1.85mg (18.46%), Zinc: 2.62mg (17.43%), Vitamin K: 16.45µg (15.66%), Vitamin B2: 0.27mg (15.64%), Potassium: 470.76mg (13.45%), Vitamin A: 649.29IU (12.99%), Iron: 2.14mg (11.91%), Magnesium: 44.48mg (11.12%), Vitamin B12: 0.61µg (10.14%), Vitamin B1: 0.14mg (9.28%), Manganese: 0.18mg (9.11%), Copper: 0.13mg (6.39%), Folate: 19.69µg (4.92%), Calcium: 36.84mg (3.68%), Vitamin D: 0.38µg (2.54%), Fiber: 0.57g (2.29%)