



Rachael's Chimichurri Chicken Bites



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves crumbled
- ☐ 1 teaspoon cayenne
- ☐ 1.5 pounds chicken tenderloins
- ☐ 1 teaspoon coarse salt
- ☐ 0.8 cup flat-leaf parsley leaves
- ☐ 3 tablespoons thyme leaves fresh
- ☐ 3 cloves garlic
- ☐ 1 cup olive oil extra-virgin

- ☐ 3 tablespoons oregano leaves fresh
- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon paprika sweet
- ☐ 0.5 small onion white coarsely chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill pan over high heat.
- ☐ In a food processor combine paprika, parsley, oregano, thyme, bay leaves, onion, garlic and cayenne. Finely chop the mixture by pulsing.
- ☐ Heat oil in a small pan over medium low heat. When oil is warm, stir herb and garlic mixture into oil and heat 3 to 5 minutes, then remove from heat. The oil will become infused with the flavor of the herbs and garlic.
- ☐ Transfer to a bowl and stir in vinegar and salt. Taste to adjust seasonings.
- ☐ Cut chicken tenders into thirds and place in a shallow dish. Wash hands.
- ☐ Spoon half of your chimichurri over the chicken and coat completely and evenly. Using tongs, transfer the bites to the hot grill and cook 2 or 3 minutes on each side.
- ☐ Transfer bites to a serving plate.
- ☐ Serve with party picks and reserved chimichurri sauce for dipping.

Nutrition Facts



 **PROTEIN 46.57%**  **FAT 44.21%**  **CARBS 9.22%**

Properties

Glycemic Index:23.25, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:16.992173860902%

Flavonoids

Apigenin: 12.21mg, Apigenin: 12.21mg, Apigenin: 12.21mg, Apigenin: 12.21mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 162.52kcal (8.13%), Fat: 7.94g (12.21%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.44g (0.49%), Cholesterol: 54.43mg (18.14%), Sodium: 394.94mg (17.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.63%), Vitamin K: 108.27µg (103.11%), Vitamin B3: 9.2mg (46.01%), Selenium: 27.57µg (39.38%), Vitamin B6: 0.72mg (35.76%), Vitamin A: 1192.7IU (23.85%), Phosphorus: 194.52mg (19.45%), Vitamin C: 13.67mg (16.57%), Vitamin B5: 1.3mg (12.96%), Potassium: 424.5mg (12.13%), Iron: 2.12mg (11.79%), Vitamin E: 1.65mg (11.03%), Manganese: 0.21mg (10.5%), Magnesium: 37.18mg (9.3%), Vitamin B2: 0.13mg (7.55%), Fiber: 1.83g (7.31%), Calcium: 58.9mg (5.89%), Zinc: 0.72mg (4.8%), Folate: 19.18µg (4.8%), Vitamin B1: 0.07mg (4.79%), Copper: 0.07mg (3.55%), Vitamin B12: 0.17µg (2.83%)