



Red Chile Marinated Grilled Chicken

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



130 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds skin-on chicken parts bone-in trimmed
- 4 servings salt
- 1.3 cup mexican chili sauce red canned (if you are gluten intolerant and are using chili sauce, make sure to read the ingredients on the can, some makers put wheat products in their sauce)
- 1 tablespoon olive oil extra virgin
- 2 tablespoons cider vinegar white
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground allspice
- 1 teaspoon cinnamon

- 0.3 teaspoon ground cumin
- 4 servings turns on a pepper grinder black
- 1 pinch oregano dried crushed
- 1 teaspoon garlic minced
- 1 slices avocado
- 4 servings lettuce thinly sliced
- 4 servings radishes thinly sliced
- 4 servings cilantro leaves

Equipment

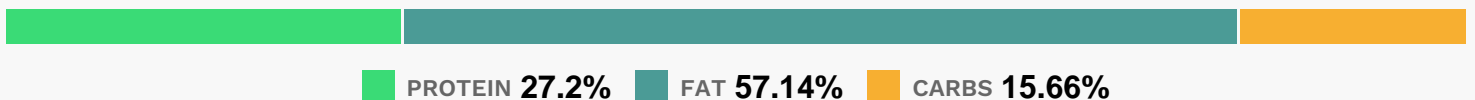
- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- grill

Directions

- Heat oil in a medium sized saucepan on medium heat.
- Add the chili sauce.
- Add vinegar (2 Tbsp if using canned sauce, 4 Tbsp in you've made your own sauce), cloves, allspice, cinnamon, cumin, black pepper, oregano and garlic.
- Bring to a simmer and let simmer for 5 minutes.
- Remove pan from heat and let cool.
- Sprinkle salt over all the chicken pieces on all sides. Put chicken pieces in a non-reactive bowl or a large freezer bag.
- Add the marinade, make sure all pieces are coated well with the marinade.
- Marinate in the refrigerator at least one hour, preferably overnight.
- Grilling Instructions:

- Remove the chicken from the refrigerator before starting up the grill. Preheat your grill, allowing for a space on the grill for cooking the chicken with indirect heat. (If using coals, move all the coals to one side of the grill, if using gas, after the grill is hot, turn off one of the burners.)
- Brush the grill grates with olive oil. Make sure the chicken pieces are well coated on all sides with the paste-like marinade.
- Place the chicken pieces on the indirect heat part of the grill (not over a flame or coals). Cook, covered, for 25–30 minutes, turning the pieces over after the first 15 minutes. Try to keep the temperature in the grill around 350°F. Chicken is done when juices run clear, breasts have an internal temperature of 165°F and thighs 175°F.
- Roasting Instructions: If you aren't in a grilling mood, you can roast the chicken pieces in the oven. Preheat the oven to 350°F.
- Place the chicken pieces in a roasting pan, skin-side up. Cook for about 45–50 minutes, until breasts have an internal temperature of 165°F and thighs 175°F.
- Serve with garnishes:
- Serve garnished with sliced avocado, sliced lettuce or cabbage dressed with a little vinegar and oil, sliced radishes and cilantro.
- Makes for great leftover chicken to cut up and put into tacos.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:31.514347698378%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg 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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 698.05kcal (34.9%), Fat: 44.18g (67.98%), Saturated Fat: 11.33g (70.84%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 19.6g (7.13%), Sugar: 14.97g (16.63%), Cholesterol: 173.5mg (57.83%), Sodium: 1538.47mg (66.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.32g (94.63%), Vitamin B3: 18.08mg (90.38%), Vitamin K: 72.79µg (69.33%), Vitamin C: 55.59mg (67.39%), Vitamin B6: 1.18mg (59.04%), Selenium: 35.12µg (50.17%), Phosphorus: 436.68mg (43.67%), Potassium: 1204.31mg (34.41%), Fiber: 7.64g (30.57%), Vitamin B5: 2.87mg (28.66%), Manganese: 0.54mg (27.16%), Vitamin B2: 0.44mg (25.77%), Vitamin E: 3.74mg (24.95%), Zinc: 3.73mg (24.85%), Folate: 96.08µg (24.02%), Magnesium: 83.86mg (20.97%), Vitamin A: 1042.54IU (20.85%), Iron: 3.73mg (20.74%), Vitamin B1: 0.29mg (19.53%), Copper: 0.34mg (17.17%), Vitamin B12: 0.72µg (11.95%), Calcium: 101.74mg (10.17%), Vitamin D: 0.46µg (3.08%)