



Rum Chica Rum Chicken

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

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

417 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon freshly cilantro leaves plus more for garnish chopped
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.7 cup rum dark
- ☐ 6 garlic cloves finely chopped
- ☐ 1 inch ginger grated peeled
- ☐ 1 cranberry-orange relish thinly sliced into rounds, for garnish
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange zest

- ☐ 2 pounds thighs boneless skinless trimmed
- ☐ 3 tablespoons worcestershire sauce

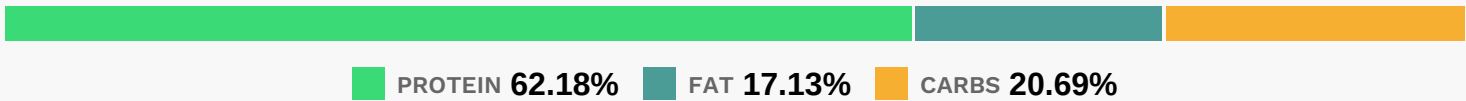
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Whisk the rum, orange juice, orange zest, Worcestershire sauce, ginger, brown sugar, garlic, and cilantro together in a large bowl.
- ☐ Add the chicken pieces, cover with plastic wrap and refrigerate for at least 30 minutes or up to 4 hours.
- ☐ Preheat your grill to medium-high heat.
- ☐ Remove the chicken from the marinade and place the chicken on the grill and cook until browned on both sides and the juices run clear, about 10 minutes per side, basting with leftover marinade a few times throughout.
- ☐ Serve sprinkled with cilantro and garnish with the orange slices.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:24.35304342923%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 11.39mg, Hesperetin: 11.39mg, Hesperetin: 11.39mg, Hesperetin: 11.39mg Naringenin: 5.46mg, Naringenin: 5.46mg, Naringenin: 5.46mg, Naringenin: 5.46mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 416.87kcal (20.84%), Fat: 5.99g (9.22%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 15.26g (5.55%), Sugar: 11.97g (13.3%), Cholesterol: 145.15mg (48.38%), Sodium: 432.17mg (18.79%), Alcohol: 13.36g (100%), Alcohol %: 4.9% (100%), Protein: 48.94g (97.87%), Vitamin B3: 23.98mg (119.91%), Selenium: 73.55µg (105.07%), Vitamin B6: 1.79mg (89.46%), Phosphorus: 501.49mg (50.15%), Vitamin C: 34.33mg (41.62%), Vitamin B5: 3.39mg (33.94%), Potassium: 1077.43mg (30.78%), Magnesium: 68.73mg (17.18%), Vitamin B2: 0.27mg (15.91%), Vitamin B1: 0.21mg (14.24%), Zinc: 1.45mg (9.67%), Iron: 1.74mg (9.67%), Vitamin B12: 0.45µg (7.56%), Copper: 0.14mg (6.99%), Manganese: 0.14mg (6.79%), Folate: 26.72µg (6.68%), Calcium: 54.63mg (5.46%), Fiber: 1.01g (4.05%), Vitamin A: 202.39IU (4.05%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.23µg (1.51%)