



Rusty Chicken Thighs



Gluten Free



Dairy Free



Popular

READY IN



220 min.

SERVINGS



8

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic sliced to taste
- ☐ 1 lime cut into 8 wedges
- ☐ 1.5 tablespoons maple syrup
- ☐ 2 tablespoons mayonnaise
- ☐ 2 teaspoons asian chile pepper sauce to taste such as sambal oelek
- ☐ 3 tablespoons rice vinegar
- ☐ 8 servings salt and pepper black freshly ground to taste
- ☐ 2 pounds chicken thighs boneless skinless

☐ 2 tablespoons soya sauce

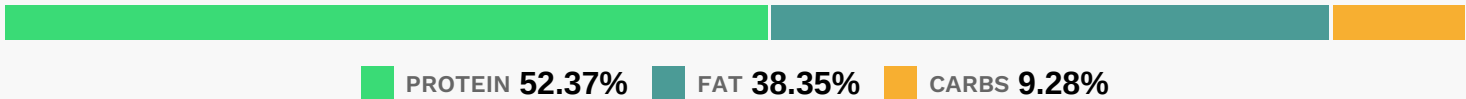
Equipment

- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Mash garlic to a paste with a mortar and pestle.
- ☐ Mix chile pepper sauce, maple syrup, soy sauce, mayonnaise, and rice vinegar into garlic until marinade is thoroughly combined.
- ☐ Transfer chicken thighs to a large flat container (such as a baking dish) and pour marinade over chicken; stir until chicken is coated. Cover dish with plastic wrap and refrigerate about 3 hours; if preferred, let stand about 30 minutes at room temperature. Unwrap dish and sprinkle with salt.
- ☐ Preheat charcoal grill to high heat.
- ☐ Place chicken thighs onto the hot grill with smooth sides down. Cook until chicken shows grill marks, about 3 minutes. Turn chicken over and cook until other side shows grill marks, about 5 minutes. Continue to cook, moving them occasionally and turning over every 2 minutes, until meat is no longer pink inside and the thighs are golden brown, 10 to 12 minutes.
- ☐ Transfer chicken to a platter, let rest for 5 minutes, and serve garnished with lime wedges.

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:10.250869506889%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 176.47kcal (8.82%), Fat: 7.31g (11.25%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.56g (2.84%), Cholesterol: 109.2mg (36.4%), Sodium: 375.34mg (16.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.93%), Selenium: 25.87µg (36.96%), Vitamin B3: 6.55mg (32.75%), Vitamin B6: 0.53mg (26.44%), Phosphorus: 221.66mg (22.17%), Vitamin B2: 0.26mg (15.25%), Vitamin B5: 1.41mg (14.08%), Vitamin B12: 0.73µg (12.17%), Zinc: 1.79mg (11.95%), Vitamin K: 9.39µg (8.94%), Potassium: 312.02mg (8.91%), Manganese: 0.15mg (7.62%), Magnesium: 29.82mg (7.45%), Vitamin B1: 0.11mg (7.45%), Iron: 1.11mg (6.15%), Vitamin C: 4.35mg (5.27%), Copper: 0.08mg (4.01%), Vitamin E: 0.35mg (2.32%), Calcium: 19.89mg (1.99%), Folate: 6.51µg (1.63%), Fiber: 0.32g (1.29%)