



HEALTH SCORE

70%

Sixteen-Spice-Rubbed Chicken Breast with Black Pepper Vinegar Sauce and Green Onion Slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



34 min.

SERVINGS



4

CALORIES



685 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 32 ounce chicken breasts boneless

- ☐ 0.3 teaspoon chile de árbol
- ☐ 1 tablespoon pasilla chile powder
- ☐ 3 tablespoons dijon mustard
- ☐ 1 teaspoon ground fennel seeds
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic powder
- ☐ 1 cup green onions coarsely chopped
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon ground ginger
- ☐ 0.8 teaspoon coarsely ground pepper black
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 teaspoons onion powder
- ☐ 2 teaspoons poppy seeds
- ☐ 1 small head purple cabbage shredded finely
- ☐ 1 small onion red halved thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup rice wine vinegar
- ☐ 2 serrano chiles

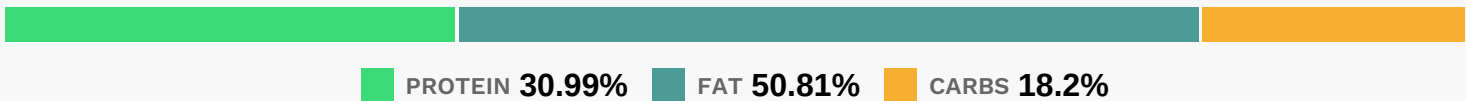
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ To make the dressing for the slaw, combine the green onions, vinegar, honey, chiles, mayonnaise, oil and salt and pepper to taste in a blender and blend until emulsified.
- ☐ Combine the cabbage, red onion and poppy seeds in a bowl, add the dressing, and stir until combined. Fold in the cilantro and season with salt and pepper to taste. Cover and refrigerate while you grill the chicken or for up to 1 hour.
- ☐ Heat your grill to high.
- ☐ Stir together the ancho powder, pasilla powder, cumin, coriander, ginger, brown sugar, garlic powder, onion powder, allspice, cinnamon, cloves, fennel, chile de arbol, 2 tablespoons salt, black pepper and cayenne in a small bowl.
- ☐ Brush both sides of the breasts with the oil and season with salt. Rub the top side of each breast with a few tablespoons of the rub and place on the grill, rub side down. Grill until golden brown and slightly charred, 3 to 4 minutes. Turn the breasts over and continue grilling until just cooked through, 4 to 5 minutes longer.
- ☐ Remove the chicken from the grill and drizzle with the black pepper vinegar sauce. Tent loosely with foil and let rest for 5 minutes.
- ☐ Serve the slaw on the side.
- ☐ Combine the vinegar, oil, mustard, honey, salt and pepper in a blender and blend until smooth. The sauce can be made 1 day in advance, covered and refrigerated. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:117.57, Glycemic Load:5.22, Inflammation Score:-10, Nutrition Score:47.739565201428%

Flavonoids

Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg, Quercetin: 9.77mg

Nutrients (% of daily need)

Calories: 684.81kcal (34.24%), Fat: 39.21g (60.33%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 22.53g (8.19%), Sugar: 13.83g (15.37%), Cholesterol: 148.09mg (49.36%), Sodium: 1297.46mg (56.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.82g (107.63%), Manganese: 3.77mg (188.25%), Vitamin K: 144.69µg (137.8%), Vitamin B3: 25.39mg (126.97%), Vitamin B6: 2.33mg (116.61%), Selenium: 80.36µg (114.8%), Vitamin C: 93.43mg (113.24%), Vitamin A: 4089.59IU (81.79%), Phosphorus: 613.49mg (61.35%), Potassium: 1605.21mg (45.86%), Vitamin E: 6.22mg (41.48%), Vitamin B5: 3.69mg (36.9%), Fiber: 9.09g (36.34%), Magnesium: 131.65mg (32.91%), Iron: 5.61mg (31.16%), Vitamin B2: 0.53mg (31.02%), Vitamin B1: 0.34mg (22.56%), Calcium: 198.53mg (19.85%), Folate: 68.97µg (17.24%), Zinc: 2.47mg (16.46%), Copper: 0.28mg (13.78%), Vitamin B12: 0.46µg (7.7%), Vitamin D: 0.24µg (1.61%)