



SolaReflex Southwestern Chardonnay BBQ Chicken

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 teaspoon pepper black freshly ground
- 0.5 cup chardonnay
- 2 pounds chicken breasts bone-in
- 4 leaves basil dried fresh chopped
- 1 clove garlic chopped
- 1 tablespoon garlic salt

- 0.3 cup juice of lemon fresh
- 1 tablespoon brown sugar light
- 1 tablespoon olive oil
- 2 tablespoons parsley leaves chopped
- 0.3 cup onion red finely chopped
- 2 rosemary sprigs fresh
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- pot
- grill
- kitchen thermometer
- toaster

Directions

- In a bowl, combine chardonnay, red onion, lemon juice, chopped parsley, garlic salt, brown sugar, olive oil, Worcestershire, pepper, rosemary, bay leaf, basil and garlic. Allow marinade to sit for at least 1 hour before use or 24 hours for more flavor.
- Place chicken in a sealable container and pour the marinade over, turning to coat the meat with the sauce. Refrigerate for 1 to 2 hours.
- On the Sola
- Reflex 900, use a low black 3 quart pan with a clear glass lid that has a removable knob. You can also use a toaster oven size grill with drip pan inside our optional Clear box oven. Always wear sunglasses when solar cooking. Consider the focal point hot spot the same as an open flame, so use the same common sense and caution. When in direct alignment with the sun, it will reach over 900 degrees F, but normal cooking temperature with the diffused hot spot directed on your pan will heat in the 350 to 500 degree F range, depending on sun angle and sky conditions.

- Center the cooking container on the support stand, then standing behind your cooking reflector, turn the Sola
- Reflex 900 towards the sun and direct the reflected bright hot spot down to the support stand and center it on right 2/3 of the meat. The hot spot will track right to left as sun moves, so realign the 900 to the same starting position in 25 to 30 minutes, or when the hot spot falls on the left 2/3's of your meat. Reduce heating levels by moving the pot closer to the reflector, which makes a larger hot spot. The smaller the hot spot, the higher the heat level.
- Push a probe thermometer through the hole left by the vacant knob, into the bottom of the thickest part of the meat. Normal cooking time on sunny days will be about 45 to 60 minutes, depending how done you prefer. Bright sunny days provide the fastest cooking between 9 am and 2 pm. Partial clouds will slow cooking times and lower temps, so confirm doneness with the thermometer.
- If the meat starts browning too much on top, open the lid and turn the meat only once to brown the other side.

Nutrition Facts



■ **PROTEIN 62.23%**
■ **FAT 27.36%**
■ **CARBS 10.41%**

Properties

Glycemic Index:34, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:27.380434730779%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 345.01kcal (17.25%), Fat: 9.57g (14.73%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 6.91g (2.51%), Sugar: 4.49g (4.99%), Cholesterol: 145.15mg (48.38%), Sodium: 2068.46mg (89.93%), Alcohol: 3.16g (100%), Alcohol %: 1.32% (100%), Protein: 49g (97.99%), Vitamin B3: 23.89mg (119.45%), Selenium: 72.93µg (104.18%), Vitamin B6: 1.78mg (88.83%), Vitamin K: 72.28µg (68.84%), Phosphorus: 497.58mg (49.76%), Vitamin B5: 3.32mg (33.22%), Potassium: 1008.22mg (28.81%), Magnesium: 82.16mg (20.54%), Manganese: 0.38mg (19.09%), Iron: 3.35mg (18.6%), Vitamin B2: 0.27mg (15.97%), Vitamin C: 12.95mg (15.69%),

Vitamin B1: 0.16mg (10.9%), Zinc: 1.58mg (10.53%), Vitamin E: 1.21mg (8.06%), Calcium: 80.53mg (8.05%), Vitamin B12: 0.45µg (7.56%), Copper: 0.14mg (6.88%), Folate: 24.93µg (6.23%), Vitamin A: 275.58IU (5.51%), Fiber: 1.29g (5.17%), Vitamin D: 0.23µg (1.51%)