



Southwestern Grilled Chicken with Lime Butter

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon brown sugar
- 0.5 cup butter melted
- 3.5 pounds chicken parts bone-in
- 1 tablespoon chili powder mccormick®
- 1 teaspoon cocoa powder
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon ground cinnamon mccormick®

- 1 pinch ground pepper black mccormick®
- 1 tablespoon juice of lime fresh
- 3 tablespoons olive oil
- 0.5 teaspoon salt
- 1 serrano chile minced
- 2 tablespoons onion white finely minced

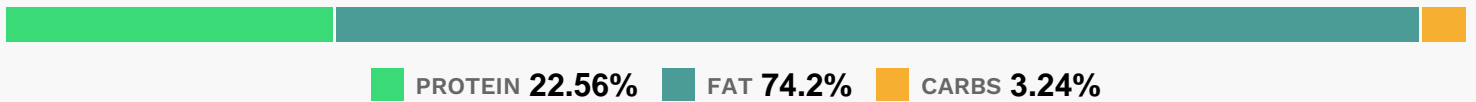
Equipment

- bowl
- grill
- pastry brush

Directions

- In a small bowl, combine first 8 ingredients. With a spoon or a basting brush, spread seasoning paste over the chicken.
- Grill chicken using medium heat for a gas grill or indirect heat for a charcoal grill. Close the lid and grill until chicken reaches 180 degrees F in the thighs and 170 degrees F in the breast, about 30 minutes.
- In a small bowl, combine all lime butter ingredients.
- Drizzle over chicken just before serving or serve separately for dipping.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:11.583043461261%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 453.15kcal (22.66%), Fat: 37.26g (57.32%), Saturated Fat: 13.87g (86.71%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.64g (0.96%), Sugar: 2.03g (2.25%), Cholesterol: 131.71mg (43.9%), Sodium: 348.98mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.98%), Vitamin B3: 9.34mg (46.7%), Selenium: 19.87µg (28.38%), Vitamin B6: 0.5mg (25.21%), Phosphorus: 208.32mg (20.83%), Vitamin A: 884.74IU (17.69%), Vitamin E: 1.92mg (12.78%), Vitamin B5: 1.27mg (12.68%), Zinc: 1.86mg (12.42%), Manganese: 0.23mg (11.74%), Vitamin B2: 0.18mg (10.54%), Vitamin K: 9.23µg (8.79%), Iron: 1.57mg (8.72%), Potassium: 299.38mg (8.55%), Magnesium: 31.08mg (7.77%), Vitamin B12: 0.44µg (7.37%), Vitamin B1: 0.09mg (5.79%), Copper: 0.09mg (4.4%), Vitamin C: 3.42mg (4.15%), Fiber: 1.02g (4.08%), Calcium: 34.97mg (3.5%), Folate: 10.06µg (2.52%), Vitamin D: 0.27µg (1.8%)