



WHATSheATE



Spanish-Spice-Rubbed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



509 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings meat from a rotisserie chicken
- ☐ 16 ounce chicken breasts bone-in skinless
- ☐ 2 tablespoons dijon mustard
- ☐ 1.5 teaspoons mustard dry
- ☐ 1.5 teaspoons ground fennel seed
- ☐ 1.5 cups flat-leaf parsley fresh
- ☐ 0.8 cup mint leaves fresh

- ☐ 3 garlic cloves chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings parsley-mint sauce
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons paprika spanish
- ☐ 2 serrano chiles peeled seeded chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

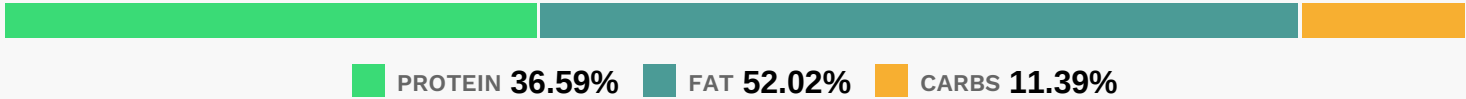
Directions

- ☐ Combine parsley, 3/4 cup mint, garlic, and chiles in a food processor; process until coarsely chopped.
- ☐ Add honey and mustard; process until combined. With processor on, slowly add olive oil.
- ☐ Transfer the mixture to a bowl, and whisk in a few tablespoons cold water to thin the sauce. Stir in salt and pepper. Cover and refrigerate up to 8 hours. Bring sauce to room temperature before serving.
- ☐ Whisk together paprika, cumin, mustard, fennel, pepper, and salt in a bowl.
- ☐ Prepare grill.
- ☐ Brush chicken with olive oil. Coat top with 2 teaspoons spice rub; place on grill, rub side down. Grill over high heat 56 minutes or until golden brown and slightly charred. Turn breasts over,

and cook for 67 minutes or until internal temperature reaches 16

- ☐
- Transfer to a platter, and drizzle each breast with 1 tablespoon parsley-mint sauce. Tent with foil, and let rest for 5 minutes.
- ☐
- Serve with additional sauce, and garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:61.82, Glycemic Load:5.11, Inflammation Score:-9, Nutrition Score:35.639130934425%

Flavonoids

Eriodictyol: 2.92mg, Eriodictyol: 2.92mg, Eriodictyol: 2.92mg, Eriodictyol: 2.92mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Apigenin: 49.01mg, Apigenin: 49.01mg, Apigenin: 49.01mg, Apigenin: 49.01mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg, Myricetin: 3.38mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 508.68kcal (25.43%), Fat: 29.3g (45.08%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 11.72g (4.26%), Sugar: 9.32g (10.36%), Cholesterol: 153.93mg (51.31%), Sodium: 745.14mg (32.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.38g (92.76%), Vitamin K: 378.05µg (360.05%), Manganese: 3.28mg (164.22%), Vitamin B3: 19.95mg (99.73%), Selenium: 56.53µg (80.76%), Vitamin B6: 1.33mg (66.69%), Vitamin C: 44.37mg (53.79%), Vitamin A: 2675.61IU (53.51%), Phosphorus: 446.51mg (44.65%), Vitamin B5: 2.8mg (28.04%), Potassium: 887.78mg (25.37%), Iron: 4.34mg (24.1%), Magnesium: 85.06mg (21.26%), Vitamin B2: 0.31mg (18.47%), Zinc: 2.66mg (17.73%), Folate: 61.03µg (15.26%), Vitamin E: 2.18mg (14.55%), Vitamin B1: 0.2mg (13.27%), Fiber: 2.72g (10.9%), Calcium: 102.74mg (10.27%), Copper: 0.2mg (9.77%), Vitamin B12: 0.56µg (9.38%), Vitamin D: 0.33µg (2.2%)