



Spicy Chicken with Orange-Chipotle Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 chicken breast boneless bone-in
- ☐ 1 teaspoon chipotles in adobo minced
- ☐ 1 teaspoons chipotles in adobo minced
- ☐ 4 servings spring onion chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon pepper black

- ☐ 1 cup orange juice
- ☐ 1 cup orange marmalade
- ☐ 1.5 teaspoons salt divided

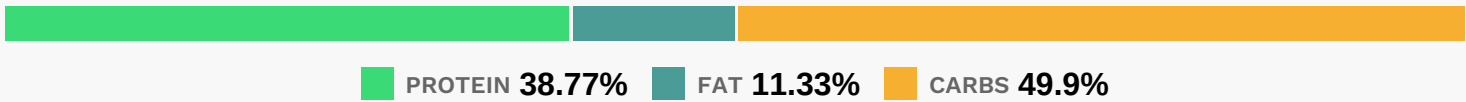
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Combine first 3 ingredients and 1 teaspoon salt in a large zip-top plastic storage bag.
- ☐ Add chicken, tossing to coat. Seal and chill at least 2 hours.
- ☐ Combine marmalade and next 3 ingredients in a saucepan over medium-high heat. Stir in black pepper and remaining 1/2 teaspoon salt; cook 2 minutes. Stir in chives.
- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Remove chicken from marinade, discarding marinade. Grill chicken, covered with grill lid, 5 to 8 minutes on each side or until chicken is done.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:4.45, Inflammation Score:-6, Nutrition Score:25.806521871816%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 503.36kcal (25.17%), Fat: 6.38g (9.82%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 63.24g (21.08%), Net Carbohydrates: 61.94g (22.52%), Sugar: 55.35g (61.5%), Cholesterol: 144.64mg (48.21%), Sodium: 1186.34mg (51.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.15g (98.29%), Vitamin B3: 23.97mg (119.87%), Selenium: 73µg (104.28%), Vitamin B6: 1.74mg (87.22%), Phosphorus: 501.77mg (50.18%), Vitamin C: 38.81mg (47.05%), Vitamin B5: 3.36mg (33.57%), Potassium: 1052.93mg (30.08%), Magnesium: 76.46mg (19.12%), Vitamin B2: 0.28mg (16.2%), Vitamin B1: 0.22mg (14.59%), Iron: 2.5mg (13.87%), Vitamin K: 13.23µg (12.6%), Zinc: 1.49mg (9.96%), Folate: 38.88µg (9.72%), Copper: 0.19mg (9.3%), Manganese: 0.16mg (8.02%), Vitamin B12: 0.45µg (7.53%), Calcium: 73.47mg (7.35%), Vitamin A: 324.25IU (6.49%), Fiber: 1.31g (5.22%), Vitamin E: 0.59mg (3.97%), Vitamin D: 0.23µg (1.51%)