



Spicy Chipotle Grilled Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chipotles in adobo canned
- 3.5 pound chicken cut into 8 pieces
- 1 teaspoon chili powder
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic clove pressed
- 1 teaspoon ground cumin
- 3 tablespoons olive oil
- 0.5 onion coarsely chopped

- 1 tablespoon paprika
- 1 teaspoon salt

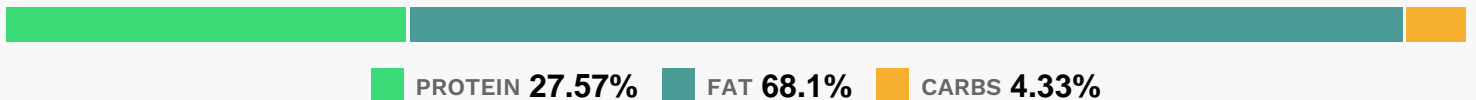
Equipment

- bowl
- grill
- glass baking pan

Directions

- Combine chipotles in adobo, olive oil, and garlic cloves in processor; puree until paste forms.
- Add chopped onion, chopped cilantro, paprika, ground cumin, chili powder, and salt; process until onion is finely chopped.
- Transfer 1/4 cup chipotle mixture to small bowl; cover and refrigerate. Arrange chicken pieces in 11x7x2-inch glass baking dish.
- Spread remaining chipotle mixture all over chicken pieces. Cover and refrigerate overnight.
- Spray grill rack with nonstick spray. Prepare barbecue (medium heat). Grill chicken until cooked through, moving to cooler part of grill as needed to prevent burning and brushing with reserved marinade during last 5 minutes of grilling, about 30 minutes.
- Transfer chicken to platter and serve.
- *Canned chipotle chiles in adobo are available at some supermarkets, at Latin markets, and from mexgrocer.com.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:16.479999811753%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 528.27kcal (26.41%), Fat: 39.62g (60.96%), Saturated Fat: 9.72g (60.78%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.81g (2.02%), Cholesterol: 142.88mg (47.63%), Sodium: 726.21mg (31.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.09g (72.18%), Vitamin B3: 13.24mg (66.21%), Selenium: 27.96µg (39.94%), Vitamin B6: 0.75mg (37.61%), Phosphorus: 295.92mg (29.59%), Vitamin A: 1297.9IU (25.96%), Vitamin E: 2.81mg (18.73%), Vitamin B5: 1.81mg (18.09%), Zinc: 2.66mg (17.73%), Iron: 2.98mg (16.55%), Vitamin B2: 0.26mg (15.42%), Potassium: 446.01mg (12.74%), Magnesium: 45.61mg (11.4%), Vitamin K: 11.84µg (11.28%), Fiber: 2.59g (10.35%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.13mg (8.93%), Manganese: 0.13mg (6.72%), Copper: 0.12mg (6.2%), Vitamin C: 4.65mg (5.63%), Folate: 15.26µg (3.81%), Calcium: 37.74mg (3.77%), Vitamin D: 0.38µg (2.54%)