



Spicy Lime Chicken With Spanish-Style Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings rice spanish-style
- ☐ 24 ounce skinned bone-in

Equipment

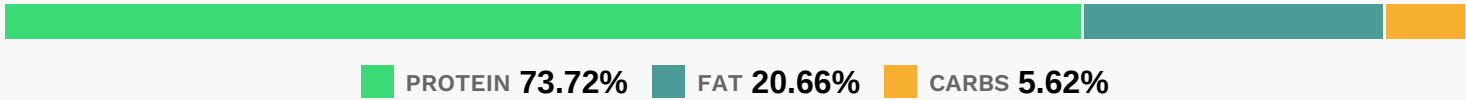
- ☐ bowl

- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Place chicken in a heavy-duty, zip-top plastic bag; pour lime juice over chicken. Seal bag, and shake until chicken is well coated. Marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Combine cumin, chili powder, and red pepper in a small bowl.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Sprinkle chicken with cumin mixture.
- ☐ Coat rack of broiler pan with cooking spray.
- ☐ Place chicken, skinned side down, on rack; broil 8 inches from heat 25 minutes. Turn chicken, and broil 15 additional minutes or until done.
- ☐ Serve with Spanish-Style Rice.

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:16.864347872527%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 204.44kcal (10.22%), Fat: 4.53g (6.97%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.54g (0.93%), Sugar: 0.37g (0.41%), Cholesterol: 108.86mg (36.29%), Sodium: 202.3mg (8.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.35g (72.71%), Vitamin B3: 17.83mg (89.16%), Selenium: 54.67µg (78.1%), Vitamin B6: 1.29mg (64.56%), Phosphorus: 363.36mg (36.34%), Vitamin B5: 2.46mg (24.61%), Potassium: 664.71mg (18.99%), Magnesium: 47.47mg (11.87%), Vitamin B2: 0.18mg (10.43%), Vitamin C: 8.16mg (9.89%), Vitamin B1: 0.12mg (7.8%), Zinc: 1.04mg (6.92%), Vitamin B12: 0.34µg (5.67%), Iron: 0.87mg (4.83%), Vitamin A: 164.42IU (3.29%), Vitamin E: 0.49mg (3.27%), Copper: 0.06mg (2.92%), Manganese: 0.05mg (2.69%), Folate: 9.06µg (2.27%), Calcium: 14.85mg (1.49%), Vitamin D: 0.17µg (1.13%)