



## Tequila-Glazed Chicken with Jalapeño

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

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 pound chicken (best of fryer)
- 1.8 teaspoons kosher salt
- 2 tablespoons brown sugar packed ( )
- 2 tablespoons honey
- 1 jalapeno red with seeds, finely chopped
- 0.3 cup pineapple juice
- 0.5 teaspoon pepper dried red crushed
- 1 shallots minced

0.3 cup tequila

## Equipment

bowl

baking sheet

sauce pan

grill

kitchen thermometer

## Directions

Mix coriander, salt, and red pepper.

Sprinkle mixture all over chicken. Arrange chicken, skin side up, on baking sheet; cover and chill at least 6 hours or overnight.

Combine orange juice, tequila, brown sugar, honey, 1 jalapeño, and shallot in small saucepan. Bring to boil, stirring until sugar dissolves. Reduce heat to medium-low; simmer until mixture thickens slightly, about 10 minutes.

Add 1 more jalapeño if more heat is desired. Cool glaze.

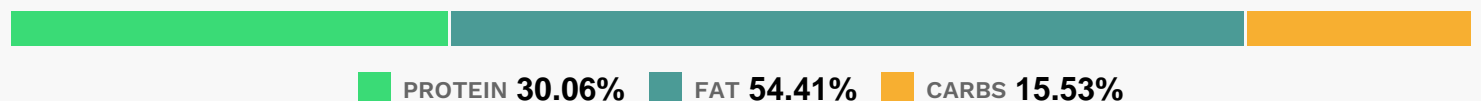
Transfer 3 tablespoons glaze to small bowl and set aside for serving.

Spray grill with nonstick spray. Prepare barbecue (medium heat). Arrange chicken, skin side up, on grill. Grill 15 minutes, turning occasionally.

Brush chicken with glaze in saucepan. Turn chicken over; brush with glaze. Grill until juices run clear when pierced with fork or until instant-read thermometer inserted into chicken registers 170°F, turning and brushing occasionally with glaze, about 10 minutes longer.

Transfer to platter. Spoon reserved glaze over.

## Nutrition Facts



## Properties

Glycemic Index:43.82, Glycemic Load:5.95, Inflammation Score:-4, Nutrition Score:14.306956467421%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## **Nutrients (% of daily need)**

Calories: 515.61kcal (25.78%), Fat: 28.77g (44.26%), Saturated Fat: 8.22g (51.39%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 18.03g (6.55%), Sugar: 17.06g (18.95%), Cholesterol: 142.88mg (47.63%), Sodium: 1158.35mg (50.36%), Alcohol: 5.01g (100%), Alcohol %: 2.5% (100%), Protein: 35.77g (71.53%), Vitamin B3: 13.1mg (65.52%), Selenium: 27.75µg (39.65%), Vitamin B6: 0.73mg (36.65%), Phosphorus: 288.29mg (28.83%), Vitamin B5: 1.79mg (17.91%), Zinc: 2.59mg (17.28%), Vitamin B2: 0.24mg (14.32%), Potassium: 434.01mg (12.4%), Vitamin C: 9.72mg (11.78%), Iron: 2mg (11.13%), Magnesium: 43.45mg (10.86%), Vitamin B12: 0.59µg (9.84%), Manganese: 0.18mg (8.94%), Vitamin B1: 0.13mg (8.83%), Vitamin A: 379.8IU (7.6%), Copper: 0.13mg (6.26%), Vitamin E: 0.8mg (5.32%), Folate: 18.38µg (4.6%), Vitamin K: 3.88µg (3.69%), Calcium: 33.31mg (3.33%), Vitamin D: 0.38µg (2.54%), Fiber: 0.45g (1.78%)