



Tequila-Glazed Chicken with Jalapeño



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 0.3 cup silver tequila
- ☐ 1.5 tablespoons coriander seeds whole with pestle

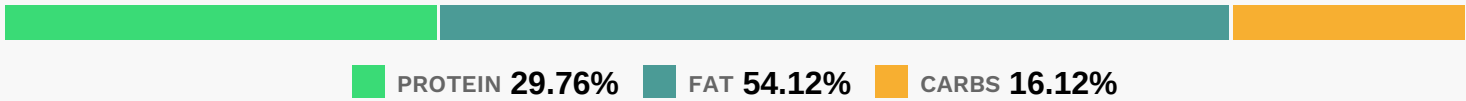
Equipment

- ☐ 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:-5, Nutrition Score:14.934347940528%

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: 521.19kcal (26.06%), Fat: 29.1g (44.77%), Saturated Fat: 8.24g (51.51%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 18.27g (6.64%), Sugar: 17.06g (18.95%), Cholesterol: 142.88mg (47.63%), Sodium: 1159.01mg (50.39%), Alcohol: 5.01g (100%), Alcohol %: 2.48% (100%), Protein: 36g (72%), Vitamin B3: 13.14mg (65.72%), Selenium: 28.24µg (40.35%), Vitamin B6: 0.73mg (36.65%), Phosphorus: 295.96mg (29.6%), Vitamin B5: 1.79mg (17.91%), Zinc: 2.68mg (17.86%), Vitamin B2: 0.25mg (14.64%), Potassium: 457.76mg (13.08%), Iron: 2.31mg (12.83%), Magnesium: 49.64mg (12.41%), Vitamin C: 10.11mg (12.26%), Manganese: 0.21mg (10.72%), Vitamin B12: 0.59µg (9.84%), Vitamin B1: 0.14mg (9.12%), Vitamin A: 379.8IU (7.6%), Copper: 0.14mg (7.17%), Vitamin E: 0.8mg (5.32%), Fiber: 1.23g (4.92%), Calcium: 46.6mg (4.66%), Folate: 18.38µg (4.6%), Vitamin K: 3.88µg (3.69%), Vitamin D: 0.38µg (2.54%)