



Tequila-Glazed Grilled Chicken Thighs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs bone-in
- ☐ 0.3 teaspoon chipotle chile powder
- ☐ 1 teaspoon chili powder
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 cup honey
- ☐ 0.8 teaspoon kosher salt

- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime rind grated
- ☐ 0.8 cup pineapple juice
- ☐ 0.3 cup tequila
- ☐ 2 teaspoons water

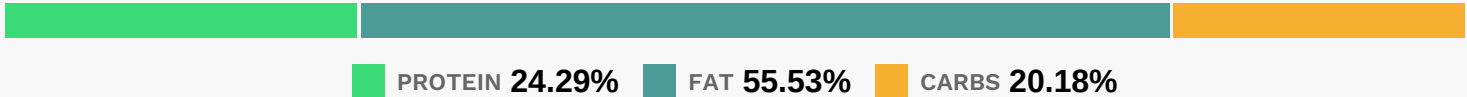
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat using both burners. After preheating, turn the left burner off (leave the right burner on).
- ☐ Combine the first 4 ingredients in a small bowl; rub evenly over chicken.
- ☐ Bring the pineapple juice, tequila, and honey to a boil in a small saucepan; cook until reduced to 3/4 cup (about 10 minutes).
- ☐ Combine cornstarch and 2 teaspoons water in a small bowl, and stir well.
- ☐ Add cornstarch mixture to juice mixture, stirring constantly with a whisk. Bring to a boil, and cook for 1 minute, stirring constantly.
- ☐ Remove from heat, and stir in lime rind, 3 tablespoons lime juice, and red pepper.
- ☐ Place chicken on grill rack coated with cooking spray over right burner (direct heat). Cover and grill for 5 minutes on each side, basting occasionally with juice mixture. Move the chicken to grill rack over left burner (indirect heat). Cover and grill an additional 5 minutes on each side or until done, basting occasionally.

Nutrition Facts



Properties

Glycemic Index:25.05, Glycemic Load:7.81, Inflammation Score:-3, Nutrition Score:10.207391355349%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 379.17kcal (18.96%), Fat: 21.57g (33.18%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 17.24g (6.27%), Sugar: 14.81g (16.45%), Cholesterol: 125.95mg (41.98%), Sodium: 399.09mg (17.35%), Alcohol: 4.45g (100%), Alcohol %: 2.85% (100%), Protein: 21.22g (42.45%), Selenium: 24.32µg (34.74%), Vitamin B3: 6.13mg (30.65%), Vitamin B6: 0.49mg (24.39%), Phosphorus: 211.52mg (21.15%), Vitamin B12: 0.82µg (13.71%), Vitamin B5: 1.35mg (13.46%), Zinc: 1.73mg (11.5%), Vitamin B2: 0.19mg (11.09%), Manganese: 0.21mg (10.46%), Potassium: 336.02mg (9.6%), Iron: 1.44mg (7.99%), Vitamin B1: 0.12mg (7.95%), Magnesium: 31.38mg (7.84%), Vitamin C: 5.51mg (6.67%), Copper: 0.11mg (5.28%), Vitamin A: 235.69IU (4.71%), Vitamin K: 3.3µg (3.15%), Vitamin E: 0.47mg (3.13%), Folate: 10.42µg (2.6%), Calcium: 22.51mg (2.25%), Fiber: 0.4g (1.59%)