



## Tequila Lime Chicken

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

READY IN



**510 min.**

SERVINGS



**6**

CALORIES



**331 kcal**

BEVERAGE

DRINK

### Ingredients

- 1 teaspoon pepper black freshly ground
- 6 chicken breasts whole split boneless
- 1 tablespoon chili powder
- 3 cloves garlic fresh minced
- 1 tablespoon jalapeno fresh minced seeded (1 pepper )
- 2 teaspoons kosher salt
- 1 cup juice of lime freshly squeezed (5 to 6 limes)
- 0.5 cup orange juice freshly squeezed (2 oranges)

0.5 cup gold tequila

## Equipment

bowl

grill

## Directions

Watch how to make this recipe.

Combine the tequila, lime juice, orange juice, chili powder, jalapeno pepper, garlic, salt, and pepper in a large bowl.

Add the chicken breasts. Refrigerate overnight.

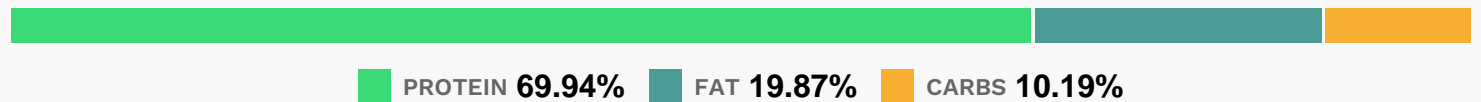
Heat a grill with coals and brush the rack with oil to prevent the chicken from sticking.

Remove the chicken breasts from the marinade, sprinkle well with salt and pepper, and grill them skin-side down for about 5 minutes, until nicely browned. Turn the chicken and cook for another 10 minutes, until just cooked through.

Remove from the grill to a plate. Cover tightly and allow to rest for 5 minutes.

Serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:26.83, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:23.860434926074%

## Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 6.09mg, Hesperetin: 6.09mg, Hesperetin: 6.09mg, Hesperetin: 6.09mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 330.78kcal (16.54%), Fat: 6.14g (9.45%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.23g (2.26%), Sugar: 2.63g (2.93%), Cholesterol: 144.64mg (48.21%), Sodium: 1060.8mg (46.12%), Alcohol: 6.68g (100%), Alcohol %: 2.69% (100%), Protein: 48.63g (97.25%), Vitamin B3: 23.92mg (119.58%), Selenium: 72.89µg (104.13%), Vitamin B6: 1.77mg (88.72%), Phosphorus: 492.03mg (49.2%), Vitamin C: 28.59mg (34.65%), Vitamin B5: 3.34mg (33.43%), Potassium: 967.93mg (27.66%), Magnesium: 67.59mg (16.9%), Vitamin B2: 0.26mg (15.03%), Vitamin B1: 0.18mg (12.15%), Vitamin A: 553.54IU (11.07%), Zinc: 1.45mg (9.64%), Vitamin E: 1.13mg (7.53%), Vitamin B12: 0.45µg (7.53%), Manganese: 0.14mg (7.12%), Iron: 1.22mg (6.8%), Copper: 0.11mg (5.46%), Folate: 20.42µg (5.11%), Fiber: 0.85g (3.41%), Vitamin K: 3.16µg (3.01%), Calcium: 28.59mg (2.86%), Vitamin D: 0.23µg (1.51%)