



Tequila-Lime Chicken with Honey Drizzle

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

READY IN



80 min.

SERVINGS



4

CALORIES



338 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon spring onion chopped
- 2 cloves garlic chopped
- 1 tablespoon sugar
- 0.3 teaspoon onion powder
- 0.5 teaspoons ground cumin
- 0.3 teaspoon pepper red crushed
- 0.3 teaspoon ground pepper red (cayenne)

- 1 serving salt to taste
- 0.3 cup tequila
- 3 tablespoons olive oil
- 1 tablespoons juice of lime fresh (1 medium)
- 1 teaspoon soya sauce
- 1 lb chicken breast uncooked (not breaded; 8 tenders)
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1 serving pepper black freshly ground to taste
- 1 serving cilantro leaves fresh chopped

Equipment

- bowl
- plastic wrap
- grill

Directions

- In large bowl, mix all chicken ingredients except chicken tenders.
- Add chicken; toss gently to mix. Cover with plastic wrap; refrigerate 1 to 2 hours to marinate.
- Heat gas or charcoal grill.
- When grill is heated, remove chicken from marinade; discard marinade.
- Place chicken on grill over medium-high heat. Cover grill; cook about 3 minutes on each side or until browned and no longer pink in center.
- Before serving, drizzle chicken with 2 tablespoons honey and 1 tablespoon olive oil.
- Sprinkle with salt, pepper and additional chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:86.84, Glycemic Load:6.8, Inflammation Score:-3, Nutrition Score:12.706956604253%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 337.93kcal (16.9%), Fat: 17.06g (26.25%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 12.76g (4.64%), Sugar: 11.79g (13.1%), Cholesterol: 72.57mg (24.19%), Sodium: 267.94mg (11.65%), Alcohol: 5.01g (100%), Alcohol %: 3.84% (100%), Protein: 24.5g (49%), Vitamin B3: 11.97mg (59.83%), Selenium: 36.7µg (52.43%), Vitamin B6: 0.88mg (44.2%), Phosphorus: 247.02mg (24.7%), Vitamin B5: 1.65mg (16.47%), Vitamin E: 2.35mg (15.66%), Potassium: 455.43mg (13.01%), Vitamin K: 12.8µg (12.19%), Magnesium: 32.8mg (8.2%), Vitamin B2: 0.13mg (7.52%), Vitamin B1: 0.08mg (5.48%), Zinc: 0.75mg (4.98%), Iron: 0.85mg (4.7%), Vitamin C: 3.49mg (4.24%), Manganese: 0.08mg (4.14%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 158.55IU (3.17%), Copper: 0.05mg (2.6%), Folate: 6.81µg (1.7%), Calcium: 14.79mg (1.48%), Fiber: 0.25g (1.02%)