



Tequila Lime Grilled Chicken



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 handfull cilantro
- ☐ 1 teaspoon cumin toasted (and ground)
- ☐ 2 cloves garlic
- ☐ 1 jalapeno
- ☐ 0.5 cup juice of lime
- ☐ 1 teaspoon lime zest
- ☐ 2 tablespoons oil

- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless (and)
- ☐ 0.3 cup tequila

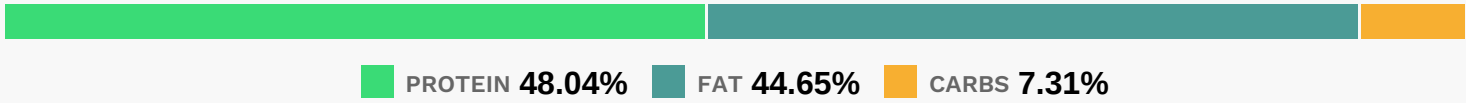
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Puree the tequila, lime juice, oil, lime zest, jalapeno, garlic, cilantro, cumin, salt and pepper in a food processor.
- ☐ Place both the chicken and the marinade in a freezer bag and marinate over night.
- ☐ Grill the chicken until cooked, about 5–7 minutes per side.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:25.294782597086%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 478.77kcal (23.94%), Fat: 20.2g (31.08%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 6.66g (2.42%), Sugar: 1.39g (1.55%), Cholesterol: 145.15mg (48.38%), Sodium: 1430.31mg (62.19%), Alcohol: 10.02g (100%), Alcohol %: 3.65% (100%), Protein: 48.92g (97.83%), Vitamin B3: 23.92mg (119.6%), Selenium: 73.18µg (104.55%), Vitamin B6: 1.8mg (89.81%), Phosphorus: 498.79mg (49.88%), Vitamin C: 30.75mg (37.27%), Vitamin B5: 3.36mg (33.61%), Potassium: 970.92mg (27.74%), Vitamin E: 3.33mg (22.22%), Magnesium: 70.47mg (17.62%), Vitamin K: 16.12µg (15.36%), Vitamin B2: 0.25mg (14.78%), Vitamin B1: 0.18mg (11.91%), Manganese: 0.21mg (10.58%), Zinc: 1.48mg (9.89%), Iron: 1.72mg (9.55%), Vitamin B12: 0.45µg (7.56%), Copper:

0.12mg (5.76%), Vitamin A: 257.43IU (5.15%), Folate: 17.99µg (4.5%), Calcium: 39.32mg (3.93%), Fiber: 0.79g (3.15%), Vitamin D: 0.23µg (1.51%)