



Tina's Best BBQ Lime Chicken



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



4

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 4 pound meat from a rotisserie chicken cut into pieces
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 8 cloves garlic minced
- ☐ 2 teaspoons ground pepper black
- ☐ 1.5 cups juice of lime fresh
- ☐ 1 cup olive oil
- ☐ 2 teaspoons seasoning salt

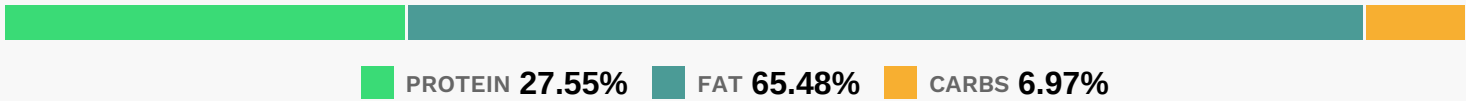
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Wash chicken parts. Pat dry thoroughly. Pierce all pieces with a fork. In a small bowl, combine the seasoning salt, ground black pepper and cayenne pepper. Rub all chicken parts with the spices, then place the chicken into a large, resealable plastic bag.
- ☐ In a separate medium bowl, combine the lime juice, olive oil, garlic and cilantro.
- ☐ Mix well and pour into the bag with the chicken. Seal and let marinate in the refrigerator for at least 2 hours.
- ☐ Preheat an outdoor grill for low heat and lightly oil grate.
- ☐ Remove chicken from the refrigerator and pour marinade into a small saucepan over medium high heat. Bring to a boil for about 1 to 2 minutes.
- ☐ Grill chicken for about 1 1/2 hours.
- ☐ Brush with the marinade every 15 minutes. Chicken is done when juices run clear.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:19.676956570667%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 8.14mg, Hesperetin: 8.14mg, Hesperetin: 8.14mg, Hesperetin: 8.14mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:

1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 598.97kcal (29.95%), Fat: 43.77g (67.34%), Saturated Fat: 10.91g (68.18%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.62g (3.5%), Sugar: 1.64g (1.83%), Cholesterol: 163.29mg (54.43%), Sodium: 1319.39mg (57.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.44g (82.87%), Vitamin B3: 15.03mg (75.17%), Selenium: 32.39µg (46.27%), Vitamin B6: 0.88mg (44.15%), Vitamin C: 33.31mg (40.38%), Phosphorus: 345.21mg (34.52%), Vitamin B5: 2.15mg (21.54%), Zinc: 3.03mg (20.17%), Vitamin K: 18.45µg (17.57%), Vitamin B2: 0.29mg (16.99%), Vitamin E: 2.55mg (16.99%), Potassium: 570.83mg (16.31%), Manganese: 0.3mg (15.1%), Magnesium: 54.94mg (13.74%), Iron: 2.37mg (13.14%), Vitamin A: 595.18IU (11.9%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.17mg (11.24%), Copper: 0.17mg (8.33%), Folate: 23.99µg (6%), Calcium: 54.48mg (5.45%), Fiber: 0.87g (3.46%), Vitamin D: 0.44µg (2.9%)