



Virginia's Cuban Garlic Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1470 min.

SERVINGS



12

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon garlic crushed
- ☐ 2 tablespoons ground cumin
- ☐ 0.5 cup juice of lemon
- ☐ 1 cup juice of lime
- ☐ 0.3 cup olive oil
- ☐ 2 cups orange juice
- ☐ 12 servings salt and pepper
- ☐ 3 cut up halved

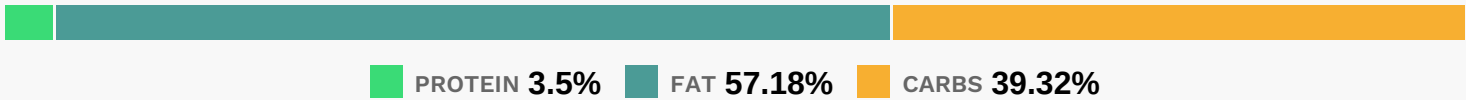
Equipment

☐ grill

Directions

- ☐ Mix all the ingredients except the chicken.
- ☐ Add the chicken and marinate in the refrigerator for 1 to 2 days.
- ☐ Grill chicken over hot heat until cooked through.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.35, Inflammation Score:-3, Nutrition Score:3.5852173851884%

Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 8.22mg, Hesperetin: 8.22mg, Hesperetin: 8.22mg, Hesperetin: 8.22mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 71.37kcal (3.57%), Fat: 4.86g (7.48%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.19g (2.61%), Sugar: 4.1g (4.55%), Cholesterol: 0mg (0%), Sodium: 196.59mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin C: 30.94mg (37.5%), Vitamin E: 0.76mg (5.05%), Iron: 0.82mg (4.56%), Folate: 16.57µg (4.14%), Potassium: 137.37mg (3.92%), Vitamin B1: 0.05mg (3.49%), Vitamin K: 2.94µg (2.8%), Manganese: 0.06mg (2.78%), Magnesium: 10.6mg (2.65%), Vitamin A: 106.12IU (2.12%), Vitamin B6: 0.04mg (2.07%), Calcium: 18.79mg (1.88%), Copper: 0.04mg (1.8%), Phosphorus: 16.67mg (1.67%), Fiber: 0.34g (1.36%), Vitamin B3: 0.25mg (1.27%), Vitamin B2: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.21%)