



Yucatan Chicken

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

READY IN



805 min.

SERVINGS



10

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup achiote paste
- 1 banana ripe
- 10 large chicken breasts boneless
- 2 tablespoons chipotle chile pepper chopped
- 2 tablespoons kosher salt
- 1 cup orange juice

Equipment

- food processor

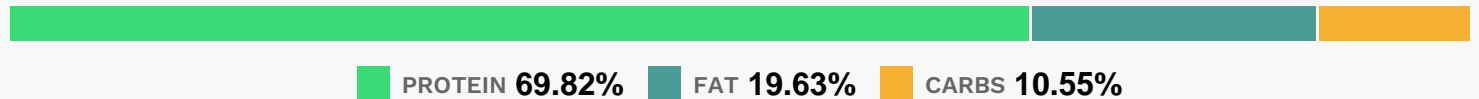
ziploc bags

Directions

Blend marinade ingredients in a food processor until the mixture is thick.

Pour into a sealable plastic bag, add the chicken and marinate overnight in the refrigerator. Barbeque with marinade on chicken, being careful not to burn the chicken as it cooks. Watch closely. The finished chicken will have nice orange red color.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:2.62, Inflammation Score:-4, Nutrition Score:21.929565315661%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 289.03kcal (14.45%), Fat: 6.07g (9.34%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.14g (2.23%), Sugar: 4.75g (5.28%), Cholesterol: 144.64mg (48.21%), Sodium: 1660.36mg (72.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.58g (97.16%), Vitamin B3: 23.75mg (118.75%), Selenium: 72.47µg (103.52%), Vitamin B6: 1.75mg (87.3%), Phosphorus: 481.41mg (48.14%), Vitamin B5: 3.31mg (33.07%), Potassium: 928.33mg (26.52%), Vitamin C: 16.14mg (19.56%), Magnesium: 64.71mg (16.18%), Vitamin B2: 0.24mg (14.24%), Vitamin B1: 0.17mg (11.37%), Zinc: 1.34mg (8.96%), Vitamin B12: 0.45µg (7.53%), Iron: 0.93mg (5.16%), Fiber: 1.2g (4.81%), Folate: 18.84µg (4.71%), Copper: 0.08mg (4.11%), Manganese: 0.07mg (3.64%), Vitamin E: 0.45mg (3.01%), Vitamin A: 124.95IU (2.5%), Calcium: 15.48mg (1.55%), Vitamin D: 0.23µg (1.51%)