



Yucatán-Spiced Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons ancho chile powder
- ☐ 4 chicken breast halves on the bone with skin
- ☐ 1 large chayote squashes pitted halved lengthwise cut into 12 wedges
- ☐ 4 garlic cloves chopped
- ☐ 2 lime zest fresh finely grated
- ☐ 2 tablespoons cilantro and mint thinly sliced
- ☐ 45 servings olive oil extra-virgin
- ☐ 1 orange zest fresh finely grated

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 poblano seeded cut into thin rings
- ☐ 1 onion red thinly sliced into rings
- ☐ 45 servings salt and pepper freshly ground

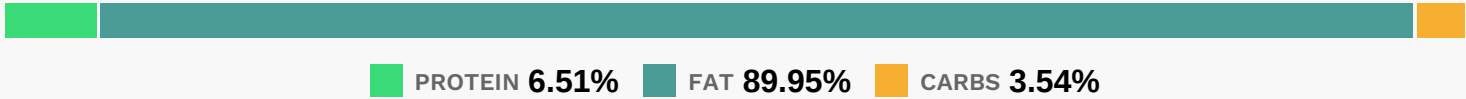
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat the oven to 42
- ☐ In a blender, puree the orange zest and juice, lime zest and juice, garlic, ancho powder, oregano and 1/4 cup of oil. Season with salt and pepper.
- ☐ Arrange the chicken in a shallow baking dish, skin side up, and make 3 deep, crosswise cuts in each breast half. Season the chicken with salt and cover it with the puree, rubbing it into the slits.
- ☐ Spread the chayote, poblano and onion on a rimmed baking sheet, drizzle with oil and season with salt. Roast the chicken in the upper third of the oven for 30 minutes, basting a few times, until just white throughout; rotate the pan once halfway through. At the same time, roast the vegetables for about 30 minutes, until browned and the chayote is crisp-tender.
- ☐ Preheat the broiler. Broil the chicken 6 inches from the heat until well glazed, 2 minutes.
- ☐ Garnish with the Herbs and serve the chicken and vegetables with the pan juices.

Nutrition Facts



Properties

Glycemic Index:2.76, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:3.0273913187177%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 140.85kcal (7.04%), Fat: 14.36g (22.1%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.4g (0.44%), Cholesterol: 6.43mg (2.14%), Sodium: 214.91mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin E: 2.3mg (15.31%), Vitamin K: 10.73µg (10.22%), Vitamin B3: 1.16mg (5.81%), Vitamin B6: 0.1mg (5.22%), Selenium: 3.39µg (4.85%), Vitamin C: 3.88mg (4.71%), Vitamin A: 187.56IU (3.75%), Phosphorus: 25.77mg (2.58%), Manganese: 0.04mg (2.08%), Potassium: 68.97mg (1.97%), Iron: 0.34mg (1.86%), Fiber: 0.45g (1.79%), Vitamin B5: 0.17mg (1.69%), Magnesium: 5.37mg (1.34%), Folate: 5.33µg (1.33%), Vitamin B2: 0.02mg (1.17%)