

Grilled Borracho Chicken

Marinate the chicken from 30 minutes to 4 hours. You can use your own spicy blend of chipotle rub ingredients or Los Chileros Chipotle rub, the ingredients in the rub are: Chile molido, chipotle, ancho, salt and other spices. This ready mixed rub can be ordered on the web site: www.loschileros.com.

- 4 boneless, skinless chicken breasts
- 1 ounce chipotle rub
- 1/2 cup beer (prefer dark)
- 1/4 cup fresh squeezed lime juice
- 2 tablespoons olive oil
- 6 garlic cloves, sliced
- 1 teaspoon salt
- 1 teaspoon coarse ground black pepper
- 1/4 teaspoon cayenne pepper

Combine marinade ingredients (every ingredient except the chicken) in a 1-gallon sealable plastic bag. Add chicken and toss to coat. Marinate in the refrigerator at least 30 minutes but not longer than 4 hours. Heat charcoal 30 minutes until coals are covered with a light layer of gray ash, or heat gas grill on High 10 minutes with lid closed. Oil grill grate well to prevent chicken from sticking. Grill chicken 5 to 7 minutes per side 4 inches above Medium heat (375 degrees F grill surface temperature). Test grill temperature by holding palm just above grate at cooking height; when heat causes you to pull away in 4 seconds, temperature is ideal for Medium heat. Remove from grill when internal temperature of chicken reaches 160 degrees F. Determine temperature with an instant read thermometer inserted horizontally into thickest part of chicken. Serve hot.

Servings: 6

Preparation time: 10 minutes

Cooking time: 10 minutes

Ready in: 50 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	243.57
Calories From Fat (26%)	64.51
% Daily Value	
Total Fat 7.29g	11%
Saturated Fat 1.27g	6%
Cholesterol 91.25mg	30%
Sodium 539.39mg	22%
Potassium 527.14mg	15%
Carbohydrates 5.30g	2%
Dietary Fiber 1.83g	7%
Sugar 0.55g	
Sugar Alcohols 0.00g	
Net Carbohydrates 3.47g	
Protein 37.25g	74%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 boneless, skinless chicken breasts	8 x 1/2 breast, bone and skin removed of Chicken, broilers or fryers, breast, meat only, raw
1 ounce chipotle rub	1 x 1 oz of Spices, chili powder
1/2 cup beer (prefer dark)	0.50 x 1 cup of Alcoholic beverage, beer, regular
1/4 cup fresh squeezed lime juice	0.25 x 1 cup of Lime juice, raw
2 tablespoons olive oil	2 x 1 tablespoon of Oil, olive, salad or cooking
6 garlic cloves, sliced	6 x 1 clove of Garlic, raw
1 teaspoon salt	1 x 1 teaspoon of Salt, table
1 teaspoon coarse ground black pepper	1 x 1 teaspoon of Spices, pepper, black
1/4 teaspoon cayenne pepper	0.25 x 1 teaspoon of Spices, pepper, red or cayenne

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