



Basic Broiled Chicken Breasts

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 4 chicken breast halves bone-in with skin
- 3 tablespoons olive oil extra virgin
- 2 teaspoons kosher salt

Equipment

- frying pan
- oven
- kitchen thermometer

broiler

Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Rub olive oil over each chicken breast, then season both sides with salt and black pepper.
- Place the chicken skin-side down on a broiling pan.
- Broil in the preheated oven for 10 minutes, then flip the chicken breast skin-side up. Continue broiling the chicken until no longer pink at the bone and the juices run clear, about 10 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- Remove from the oven and allow meat to rest for 5 minutes before serving.

Nutrition Facts

PROTEIN 44.03% **FAT 55.39%** **CARBS 0.58%**

Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:11.555652120839%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 222.9kcal (11.14%), Fat: 13.44g (20.68%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0g (0%), Cholesterol: 72.32mg (24.11%), Sodium: 1294.13mg (56.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.08%), Vitamin B3: 11.79mg (58.96%), Selenium: 36.19µg (51.7%), Vitamin B6: 0.85mg (42.39%), Phosphorus: 238.09mg (23.81%), Vitamin B5: 1.62mg (16.17%), Potassium: 425.09mg (12.15%), Vitamin E: 1.73mg (11.55%), Magnesium: 30.26mg (7.57%), Vitamin K: 7.37µg (7.01%), Vitamin B2: 0.11mg (6.7%), Vitamin B1: 0.07mg (4.86%), Zinc: 0.66mg (4.43%), Manganese: 0.08mg (4.19%), Vitamin B12: 0.23µg (3.77%), Iron: 0.54mg (2.97%), Copper: 0.04mg (1.9%), Vitamin C: 1.36mg (1.64%), Folate: 4.61µg (1.15%)