



Basil Marinated Grilled Chicken

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

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cloves garlic
- 2 cups basil packed
- 2 cups basil packed
- 1 cup olive oil extra virgin
- 0.5 teaspoon salt
- 8 chicken breast boneless dry

Equipment

- food processor

baking pan

grill

Directions

Mince garlic in a food processor, then add basil and process until roughly chopped.

Drizzle in olive oil until a thin ketchup consistency is achieved.

Add salt and whirl for 5 seconds to combine.

Place chicken in a baking dish and pour marinade over chicken, turning pieces to coat evenly. Cover and refrigerate for 4 hours.

Grill over medium high heat until cooked through, about 8 minutes per side.

Nutrition Facts

PROTEIN 64.8% **FAT 34.11%** **CARBS 1.09%**

Properties

Glycemic Index:21.25, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:24.487391304348%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 9.7%, Saltiness: 100%, Sourness: 13.39%, Bitterness: 16.56%, Savoriness: 70.12%, Fattiness: 76.51%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 310.37kcal (15.52%), Fat: 11.34g (17.44%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.05g (0.06%), Cholesterol: 144.64mg (48.21%), Sodium: 408.35mg (17.75%), Protein: 48.45g (96.91%), Vitamin B3: 23.69mg (118.45%), Selenium: 72.57µg (103.67%), Vitamin B6: 1.73mg (86.5%), Vitamin K: 53.53µg (50.98%), Phosphorus: 483.62mg (48.36%), Vitamin B5: 3.25mg (32.55%), Potassium: 877.7mg (25.08%), Magnesium: 66.82mg (16.7%), Vitamin A: 700.94IU (14.02%), Vitamin B2: 0.24mg (13.93%), Vitamin B1: 0.15mg (10.11%), Manganese: 0.2mg (9.86%), Zinc: 1.43mg (9.51%), Vitamin E: 1.3mg (8.69%), Vitamin B12: 0.45µg (7.53%), Iron: 1.27mg (7.08%), Vitamin C: 5.34mg (6.47%), Copper: 0.11mg (5.59%), Folate: 17.25µg (4.31%), Calcium: 35.4mg (3.54%), Vitamin D: 0.23µg (1.51%)