



Beer Lime Grilled Chicken



Gluten Free



Dairy Free



Popular

READY IN



54 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 fluid ounce colored beer light canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon honey
- ☐ 1 juice of lime juiced
- ☐ 4 servings salt and pepper
- ☐ 4 chicken breast halves boneless skinless

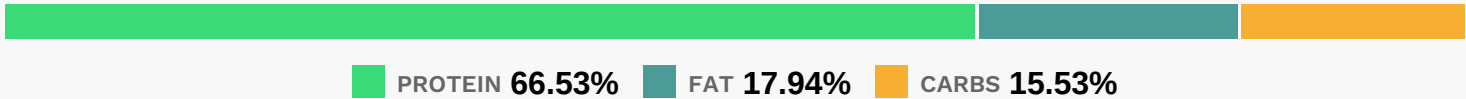
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a bowl, mix the lime juice, beer, honey, garlic, cilantro, and salt and pepper until the honey dissolves.
- ☐ Pour the mixture over the chicken, cover and marinate for 30 minutes.
- ☐ Preheat an outdoor grill for medium heat and lightly oil grate.
- ☐ Remove chicken from marinade and shake off excess; discard remaining marinade. Grill chicken until tender and juices run clear, about 7 minutes per side.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:2.17, Inflammation Score:-4, Nutrition Score:11.604782639638%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 176.44kcal (8.82%), Fat: 2.94g (4.52%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.66g (2.06%), Sugar: 1.58g (1.76%), Cholesterol: 72.32mg (24.11%), Sodium: 328.99mg (14.3%), Alcohol: 3.46g (100%), Alcohol %: 2.06% (100%), Protein: 24.53g (49.07%), Vitamin B3: 12.27mg (61.33%), Selenium: 36.93µg (52.76%), Vitamin B6: 0.91mg (45.47%), Phosphorus: 253.23mg (25.32%), Vitamin B5: 1.67mg (16.67%), Potassium: 458.83mg (13.11%), Magnesium: 35.77mg (8.94%), Vitamin B2: 0.14mg (8.17%), Vitamin B1: 0.08mg (5.45%), Vitamin C: 4.14mg (5.01%), Zinc: 0.69mg (4.62%), Vitamin B12: 0.24µg (4.06%), Folate: 10.8µg (2.7%), Iron: 0.48mg (2.67%), Manganese: 0.05mg (2.66%), Copper: 0.04mg (2.13%), Vitamin E: 0.24mg (1.58%), Calcium: 13.32mg (1.33%), Vitamin A: 51.28IU (1.03%)