



Bessy's Zesty Grilled Garlic-Herb Chicken



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon basil dried
- ☐ 0.3 teaspoon parsley dried
- ☐ 1 pinch sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup olive oil extra virgin
- ☐ 4 cloves garlic minced
- ☐ 0.5 tablespoon honey

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon saffron threads
- ☐ 1 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 0.5 cup sugar white

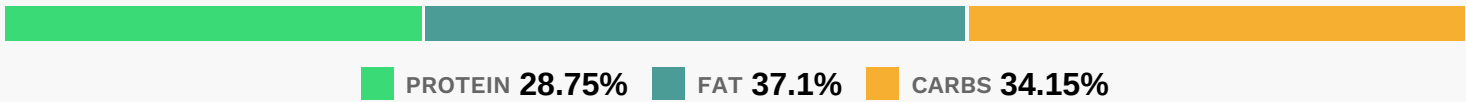
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Place chicken in a shallow dish. In a medium bowl, mix together the olive oil, sugar, honey, saffron, garlic, basil, thyme, cayenne pepper, salt, oregano, parsley, and sage.
- ☐ Pour the mixture over the chicken. Cover, and marinate 20 to 25 minutes in the refrigerator.
- ☐ Preheat the grill for medium heat.
- ☐ Lightly oil the grill grate. Discard marinade, and place chicken on the grill. Cook for 10 minutes on each side, or until exterior is charred and juices run clear.

Nutrition Facts



Properties

Glycemic Index:64.84, Glycemic Load:18.92, Inflammation Score:-6, Nutrition Score:13.548260947932%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 337.36kcal (16.87%), Fat: 13.98g (21.51%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 28.35g (10.31%), Sugar: 27.21g (30.23%), Cholesterol: 72.32mg (24.11%), Sodium: 714.15mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Vitamin B3: 11.9mg (59.52%), Selenium: 36.84µg (52.63%), Vitamin B6: 0.91mg (45.53%), Phosphorus: 245.3mg (24.53%), Vitamin K: 21.68µg (20.65%), Vitamin B5: 1.63mg (16.34%), Vitamin E: 2.03mg (13.55%), Potassium: 457.11mg (13.06%), Magnesium: 35.09mg (8.77%), Vitamin B2: 0.13mg (7.82%), Manganese: 0.15mg (7.52%), Iron: 1.3mg (7.2%), Vitamin B1: 0.08mg (5.59%), Vitamin A: 272.77IU (5.46%), Zinc: 0.76mg (5.1%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 2.92mg (3.54%), Calcium: 31.23mg (3.12%), Copper: 0.06mg (2.77%), Fiber: 0.6g (2.4%), Folate: 7.95µg (1.99%)