



Cajun Chicken



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



10

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cajun spice
- ☐ 10 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 10 servings garlic powder to taste
- ☐ 2 tablespoons lemon pepper
- ☐ 2 tablespoons penzey's southwest seasoning dried italian-style
- ☐ 2 cups vegetable oil

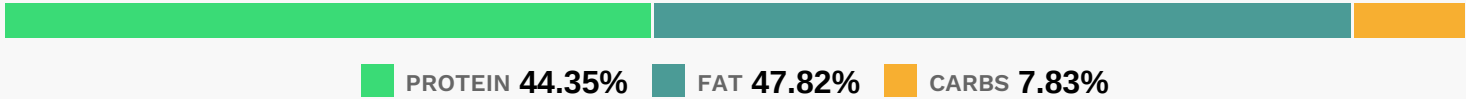
Equipment

- ☐ grill

Directions

- ☐ In a large shallow dish, mix the oil, Cajun seasoning, Italian seasoning, garlic powder, and lemon pepper.
- ☐ Place the chicken in the dish, and turn to coat with the mixture. Cover, and refrigerate for 1/2 hour.
- ☐ Preheat the grill for high heat.
- ☐ Lightly oil the grill grate.
- ☐ Drain chicken, and discard marinade.
- ☐ Place chicken on hot grill and cook for 6 to 8 minutes on each side, or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:14.775652190913%

Nutrients (% of daily need)

Calories: 225.44kcal (11.27%), Fat: 11.93g (18.36%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0.27g (0.3%), Cholesterol: 72.32mg (24.11%), Sodium: 134.32mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.8%), Vitamin B3: 12.01mg (60.05%), Selenium: 37.07µg (52.96%), Vitamin B6: 0.94mg (46.99%), Phosphorus: 257.49mg (25.75%), Vitamin K: 25.58µg (24.36%), Vitamin B5: 1.69mg (16.94%), Vitamin A: 747.03IU (14.94%), Potassium: 514.36mg (14.7%), Manganese: 0.27mg (13.58%), Vitamin E: 1.55mg (10.34%), Magnesium: 38.93mg (9.73%), Vitamin B2: 0.14mg (8.35%), Iron: 1.37mg (7.61%), Vitamin B1: 0.09mg (6.2%), Fiber: 1.49g (5.95%), Zinc: 0.85mg (5.65%), Copper: 0.08mg (3.94%), Vitamin B12: 0.23µg (3.77%), Calcium: 32.51mg (3.25%), Folate: 9.19µg (2.3%), Vitamin C: 1.43mg (1.73%)