



## Cedar-Planked Mediterranean Chicken

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

READY IN



330 min.

SERVINGS



30

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 untreated cedar planks (14x7x1 inch each)
- 4 large chicken breasts bone-in with skin (4 lb.)
- 0.5 cup parsley fresh divided finely chopped
- 1 juice of lemon grated
- 0.3 cup kalamata olives pitted chopped
- 2 Tbsp oil
- 1 cup greek vinaigrette dressing kraft

### Equipment

- grill
- ziploc bags

## Directions

- Immerse planks in water, placing a weight on top of each plank to keep it submerged. Soak at least 4 hours or overnight.
- Meanwhile, mix dressing, 1/4 cup of the parsley, the lemon zest and juice until well blended.
- Remove 1/4 cup of the dressing mixture; set aside for later use.
- Pour remaining dressing mixture into large resealable plastic bag; add chicken. Seal bag; turn over several times to evenly coat chicken with the dressing mixture. Refrigerate at least 2 hours.
- Preheat grill to medium heat.
- Remove planks from water; brush tops with oil.
- Remove chicken from marinade; discard bag and marinade.
- Place 2 chicken breasts on each plank.
- Place on grate of grill; cover with lid.
- Grill 1 to 1-1/4 hours or until chicken is cooked through (165F). Meanwhile, mix reserved dressing mixture, remaining 1/4 cup parsley and the olives.
- Remove chicken from grill; discard planks.
- Remove bones from chicken; cut each breast in half.
- Serve topped with the parsley mixture.

## Nutrition Facts



## Properties

Glycemic Index:1.07, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.3204347860554%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin:  
0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,  
Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin:  
0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 82.23kcal (4.11%), Fat: 6.07g (9.34%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 0.38g (0.13%), Net  
Carbohydrates: 0.31g (0.11%), Sugar: 0.25g (0.28%), Cholesterol: 19.29mg (6.43%), Sodium: 53.16mg (2.31%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin K: 25.37µg (24.17%), Vitamin B3: 3.16mg  
(15.8%), Selenium: 9.79µg (13.98%), Vitamin B6: 0.23mg (11.37%), Phosphorus: 63.99mg (6.4%), Vitamin E: 0.66mg  
(4.38%), Vitamin B5: 0.44mg (4.35%), Potassium: 119.2mg (3.41%), Vitamin C: 2.08mg (2.52%), Magnesium: 8.52mg  
(2.13%), Vitamin A: 97.76IU (1.96%), Vitamin B2: 0.03mg (1.84%), Vitamin B1: 0.02mg (1.37%), Zinc: 0.19mg (1.24%)