



Chicken Breast Fillets in Root Beer Marinade

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

READY IN



22 min.

SERVINGS



6

CALORIES



282 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon pepper black
- 30 ounce chicken breast fillets boneless
- 6 servings fries french for serving
- 1 tablespoon garlic dry minced
- 1 cup olive oil
- 2 ounces root beer
- 1 tablespoon salt
- 0.5 cup shallots chopped

1 cup white wine

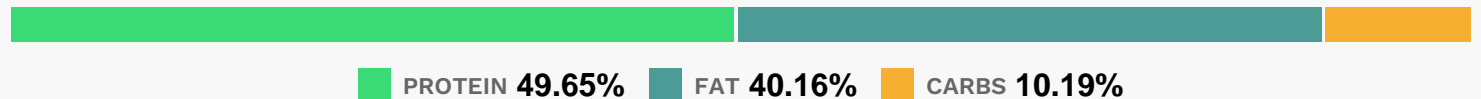
Equipment

grill

Directions

- Combine all of the ingredients for the marinade and add the chicken breasts. Marinate for approximately 2 hours in the refrigerator.
- Preheat a grill.
- Remove the chicken from the marinade and place on the grill. Grill until cooked through, about 5 minutes per side.
- To serve, place on a bun or plain bread and serve with French fries and a mug of root beer.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:15.508261094923%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 281.53kcal (14.08%), Fat: 11.06g (17.01%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.52g (2.01%), Sugar: 2.95g (3.28%), Cholesterol: 90.72mg (30.24%), Sodium: 1338.1mg (58.18%), Alcohol: 4.12g (100%), Alcohol %: 2.07% (100%), Protein: 30.76g (61.52%), Vitamin B3: 14.9mg (74.51%), Selenium: 45.86µg (65.51%), Vitamin B6: 1.17mg (58.45%), Phosphorus: 320.04mg (32%), Vitamin B5: 2.11mg (21.13%), Potassium: 633.2mg (18.09%), Magnesium: 46.2mg (11.55%), Manganese: 0.2mg (9.85%), Vitamin B2: 0.15mg

(9.06%), Vitamin E: 1.32mg (8.79%), Vitamin B1: 0.11mg (7.22%), Zinc: 0.98mg (6.54%), Iron: 0.99mg (5.51%), Vitamin K: 5.5µg (5.24%), Vitamin B12: 0.28µg (4.72%), Vitamin C: 3.76mg (4.55%), Copper: 0.07mg (3.38%), Folate: 13.09µg (3.27%), Fiber: 0.79g (3.15%), Calcium: 23.23mg (2.32%)