



## Chicken with Grilled Green Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 skinned and boned chicken breast halves
- 4 bunches green onions
- 3 tablespoons juice of lime fresh
- 2 tablespoons lime rind grated
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt

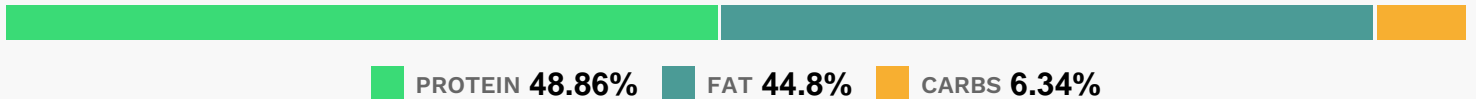
### Equipment

- food processor
- blender
- grill
- ziploc bags

## Directions

- Process first 5 ingredients in a blender or food processor until smooth.
- Place green onions in a shallow dish or heavy-duty zip-top plastic bag; pour lime juice mixture over green onions. Cover or seal, and chill 30 minutes, turning occasionally.
- Remove green onions from marinade, reserving marinade; set aside.
- Grill chicken, covered with grill lid, over medium-high (350 to 400) degrees Fahrenheit for 4 to 6 minutes on each side or until done, basting frequently with reserved marinade.
- Grill green onions, covered with grill lid, over medium-high heat 3 to 5 minutes on each side or until browned.
- Serve with grilled chicken.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:15.044347731963%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 202.72kcal (10.14%), Fat: 9.99g (15.38%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.8g (0.89%), Cholesterol: 72.32mg (24.11%), Sodium: 716.77mg (31.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.52g (49.05%), Vitamin B3: 11.94mg (59.68%), Vitamin K: 54.61µg (52.01%), Selenium: 36.34µg (51.92%), Vitamin B6: 0.87mg (43.37%), Phosphorus: 248.69mg (24.87%),

Vitamin B5: 1.65mg (16.52%), Potassium: 504.08mg (14.4%), Vitamin C: 10.12mg (12.26%), Vitamin E: 1.39mg (9.26%), Magnesium: 35.7mg (8.93%), Vitamin B2: 0.13mg (7.94%), Vitamin B1: 0.09mg (5.97%), Vitamin A: 281.67IU (5.63%), Folate: 21.29µg (5.32%), Zinc: 0.77mg (5.11%), Iron: 0.87mg (4.83%), Manganese: 0.09mg (4.55%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.82g (3.27%), Copper: 0.06mg (2.96%), Calcium: 27.03mg (2.7%)