



Cilantro Citrus Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce chicken breast halves bone-in skinless
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup parsley fresh
- ☐ 6 garlic clove
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons salt

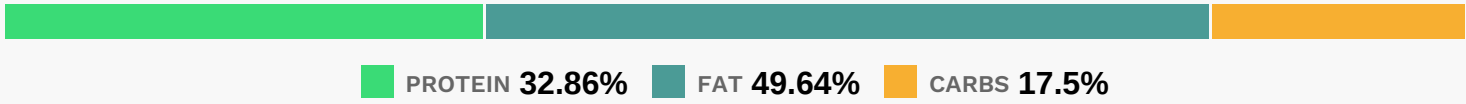
Equipment

- ☐ food processor
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 7 ingredients in a food processor; process until smooth.
- ☐ Place 6 chicken breast halves and half of herb mixture in a large zip-top plastic bag.
- ☐ Place remaining breast halves and remaining herb mixture in a second large zip-top plastic bag. Seal and marinate in refrigerator 1 hour, turning bags occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Let chicken stand 15 minutes.
- ☐ Sprinkle chicken evenly with salt, cumin, and pepper.
- ☐ Place chicken, breast side down, on a grill rack coated with cooking spray. Grill 12 minutes on each side or until a thermometer registers 165, turning once.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:4.0491304034772%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg,

Naringenin: 0.13mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 52.05kcal (2.6%), Fat: 2.9g (4.47%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.84g (0.93%), Cholesterol: 12.1mg (4.03%), Sodium: 411.43mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Vitamin K: 23.55µg (22.43%), Vitamin B3: 2.05mg (10.24%), Selenium: 6.32µg (9.03%), Vitamin B6: 0.17mg (8.74%), Vitamin C: 7.08mg (8.58%), Phosphorus: 47.4mg (4.74%), Potassium: 115.34mg (3.3%), Vitamin A: 156.66IU (3.13%), Vitamin B5: 0.31mg (3.11%), Manganese: 0.06mg (2.96%), Vitamin E: 0.41mg (2.76%), Magnesium: 8.43mg (2.11%), Iron: 0.34mg (1.92%), Vitamin B1: 0.03mg (1.77%), Vitamin B2: 0.03mg (1.61%), Folate: 6.33µg (1.58%), Zinc: 0.17mg (1.14%), Copper: 0.02mg (1.08%), Calcium: 10.67mg (1.07%), Fiber: 0.27g (1.07%)