



Cilantro Grilled Chicken Breast

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 servings parsley fresh for garnish
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon garlic powder

- ☐ 1 juice of lemon juiced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 Dash pepper white
- ☐ 2 tablespoons onion red minced
- ☐ 1 pound chicken breast boneless skinless 2 large breasts
- ☐ 0.3 pound butter unsalted softened
- ☐ 1 tablespoon white wine
- ☐ 1 Dash worcestershire sauce

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat a grill or grill pan over high heat.
- ☐ Lightly coat chicken with oil and sprinkle each evenly on both sides with the salt and pepper. Grill chicken breasts for about 4 to 5 minutes on each side, or until thoroughly cooked; the meat should be solid white throughout and the internal temperature will read 165 degrees F.
- ☐ Remove from grill and immediately top with Cilantro Herb Butter.
- ☐ Garnish with parsley, if desired.
- ☐ Serve as butter is melting.
- ☐ Follow the Scampi Butter recipe, but use only half of the garlic, and replace the parsley with 2 tablespoons minced fresh cilantro.
- ☐ In a bowl, whisk all ingredients until thoroughly combined. Refrigerate until ready to use. Use the Scampi "base" to make different flavored butters.

Nutrition Facts



 **PROTEIN 24.35%**  **FAT 73.12%**  **CARBS 2.53%**

Properties

Glycemic Index:118.5, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:30.62695646286%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 815.79kcal (40.79%), Fat: 66.01g (101.55%), Saturated Fat: 31.47g (196.71%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.07g (1.19%), Cholesterol: 267.05mg (89.02%), Sodium: 1153.57mg (50.16%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 49.45g (98.91%), Vitamin B3: 23.84mg (119.19%), Vitamin K: 114.8µg (109.34%), Selenium: 74.01µg (105.73%), Vitamin B6: 1.79mg (89.63%), Phosphorus: 510mg (51%), Vitamin A: 2021.29IU (40.43%), Vitamin B5: 3.39mg (33.9%), Vitamin E: 4.29mg (28.59%), Potassium: 957.97mg (27.37%), Vitamin C: 18.78mg (22.77%), Magnesium: 68.61mg (17.15%), Vitamin B2: 0.27mg (15.65%), Vitamin B1: 0.17mg (11.61%), Manganese: 0.22mg (10.84%), Zinc: 1.55mg (10.32%), Vitamin B12: 0.55µg (9.17%), Iron: 1.54mg (8.53%), Vitamin D: 1.08µg (7.18%), Folate: 25.74µg (6.44%), Copper: 0.11mg (5.7%), Calcium: 49.26mg (4.93%), Fiber: 0.8g (3.21%)