



Cilantro-Lemon Grilled Chicken

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground cumin
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind fresh grated
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

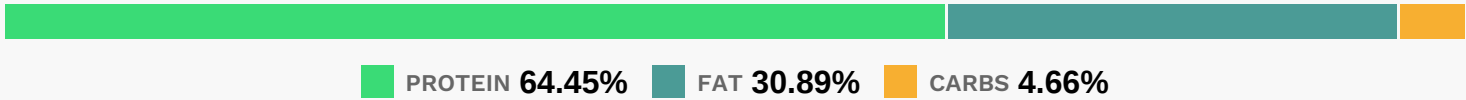
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag; add chicken, and seal. Marinate in refrigerator at least 8 hours or overnight, turning bag occasionally.
- ☐ Preheat grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle chicken evenly with salt, pepper, and cumin.
- ☐ Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:17.853478330633%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 241.2kcal (12.06%), Fat: 7.98g (12.28%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.54g (0.92%), Sugar: 1.69g (1.87%), Cholesterol: 109.27mg (36.42%), Sodium: 504.82mg (21.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.97%), Vitamin B3: 17.8mg (89.01%), Selenium: 55.51µg (79.3%), Vitamin B6: 1.32mg (65.84%), Phosphorus: 393.95mg (39.4%), Vitamin B5: 2.58mg (25.8%),

Potassium: 701.9mg (20.05%), Vitamin B2: 0.22mg (13.13%), Magnesium: 49.6mg (12.4%), Vitamin B1: 0.13mg (8.35%), Zinc: 1.22mg (8.16%), Vitamin B12: 0.46µg (7.75%), Vitamin C: 4.81mg (5.84%), Vitamin E: 0.86mg (5.75%), Calcium: 56.05mg (5.6%), Vitamin K: 5.83µg (5.56%), Manganese: 0.09mg (4.37%), Iron: 0.79mg (4.36%), Copper: 0.06mg (3.06%), Folate: 10.53µg (2.63%), Vitamin A: 122.02IU (2.44%), Vitamin D: 0.17µg (1.13%)