



Citrus-Ginger Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounce chicken breast halves bone-in skinless
- 1.5 teaspoons ginger fresh grated peeled
- 1.5 tablespoons juice of lime fresh
- 0.1 teaspoon lime rind grated
- 2.5 tablespoons low-sugar orange marmalade

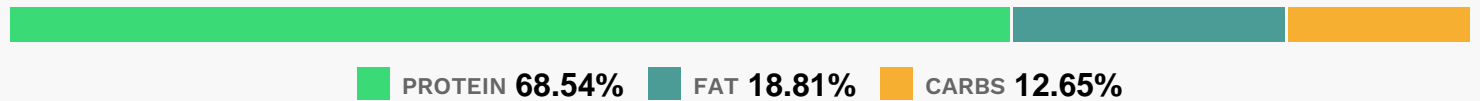
Equipment

- bowl
- grill

Directions

- Prepare grill.
- Combine first 4 ingredients in a small bowl.
- Place chicken on grill rack coated with cooking spray; cover and grill 20 to 25 minutes or until chicken is done, turning and basting with marmalade mixture.
- carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:20.558260786793%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 291.32kcal (14.57%), Fat: 5.88g (9.05%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.77g (3.19%), Sugar: 7.61g (8.45%), Cholesterol: 145.15mg (48.38%), Sodium: 270.29mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.22g (96.45%), Vitamin B3: 23.68mg (118.38%), Selenium: 72.66µg (103.8%), Vitamin B6: 1.7mg (85.22%), Phosphorus: 477.83mg (47.78%), Vitamin B5: 3.24mg (32.42%), Potassium: 853.53mg (24.39%), Magnesium: 59.99mg (15%), Vitamin B2: 0.23mg (13.59%), Vitamin B1: 0.15mg (9.83%), Zinc: 1.33mg (8.85%), Vitamin B12: 0.45µg (7.56%), Vitamin C: 5.06mg (6.14%), Iron: 0.87mg (4.82%), Copper: 0.08mg (3.79%), Vitamin E: 0.45mg (3.02%), Folate: 10.85µg (2.71%), Manganese: 0.04mg (1.96%), Calcium: 17.02mg (1.7%), Vitamin A: 78.63IU (1.57%), Vitamin D: 0.23µg (1.51%)