

# PRIME TIME GRILLING

RECIPES & TIPS FROM

## Cook the Book: Citrus-Marinated Grilled Chicken Breasts

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.3 teaspoons thyme dried
- ☐ 4 tablespoons breadcrumbs plain dry
- ☐ 2 teaspoons ground ginger
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.3 cups orange juice fresh
- ☐ 6 servings salt to taste
- ☐ 3 chicken breast boneless skinless trimmed halved

☐ 2 tablespoons soya sauce

## Equipment

☐ bowl

☐ knife

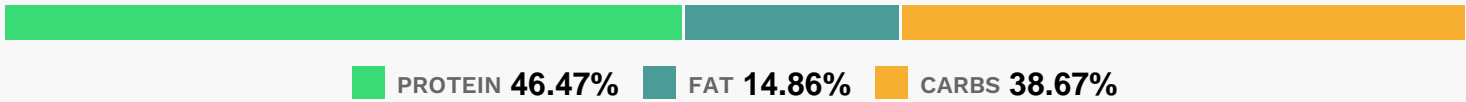
☐ grill

☐ tongs

## Directions

- ☐ Sprinkle the chicken breasts lightly on both sides with salt and put the chicken in a shallow glass or ceramic bowl.
- ☐ Combine the orange juice, lemon juice, ginger, thyme, soy sauce, and bread crumbs in a small bowl, stirring to make a thin paste.
- ☐ Pour the paste over the chicken and rub it into the chicken. Cover and refrigerate for no longer than 6 hours, letting the chicken come to room temperature before grilling.
- ☐ Prepare a charcoal or gas grill. Lightly spray the grill rack with vegetable oil cooking spray. Light the coals or heating elements, and let them burn or heat until moderately hot.
- ☐ Put the chicken on the grill and cook for 12 to 16 minutes, turning several times with tongs, until cooked through and the juices run clear when the breast meat is pierced with a small, sharp knife and the crumbs are browned.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.17, Glycemic Load:2.78, Inflammation Score:-5, Nutrition Score:10.200000037318%

## Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg, Hesperetin: 7.26mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg,

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 122.05kcal (6.1%), Fat: 1.99g (3.06%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 10.99g (4%), Sugar: 5.07g (5.63%), Cholesterol: 36.16mg (12.05%), Sodium: 644.18mg (28.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Vitamin C: 29.52mg (35.79%), Vitamin B3: 6.86mg (34.3%), Selenium: 20.25µg (28.93%), Vitamin B6: 0.47mg (23.63%), Manganese: 0.35mg (17.34%), Phosphorus: 148.37mg (14.84%), Vitamin B1: 0.15mg (10.26%), Potassium: 356.43mg (10.18%), Vitamin B5: 0.98mg (9.76%), Folate: 28.13µg (7.03%), Magnesium: 27.98mg (6.99%), Vitamin B2: 0.11mg (6.53%), Iron: 1.17mg (6.52%), Vitamin K: 4.18µg (3.98%), Copper: 0.07mg (3.47%), Zinc: 0.52mg (3.45%), Calcium: 27.18mg (2.72%), Vitamin A: 128.85IU (2.58%), Fiber: 0.64g (2.58%), Vitamin B12: 0.14µg (2.27%), Vitamin E: 0.16mg (1.07%)