



Crazy Chicken Marinade Grilled Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 juice of lime juiced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon sage dried
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon ground cumin
- ☐ 4 chicken breast halves boneless skinless

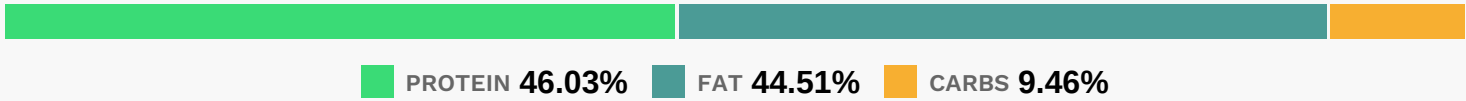
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Whisk the lime juice, olive oil, chili powder, sage, oregano, and cumin together in a small bowl. Arrange the chicken breasts in a shallow glass container; pour the lime juice marinade over the chicken. Cover the container with plastic wrap; refrigerate 1 1/2 hours, turning the chicken every 30 minutes.
- ☐ Preheat an outdoor grill for medium heat and lightly oil the grate.
- ☐ Remove the chicken to a platter and allow to come to room temperature.
- ☐ Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low and simmer for 10 minutes.
- ☐ Basting with the marinade, grill the chicken breasts until no longer pink in the center and the juices run clear, 8 to 10 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:15.621304315069%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 212.76kcal (10.64%), Fat: 10.65g (16.39%), Saturated Fat: 1.72g (10.78%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 3.31g (1.2%), Sugar: 0.83g (0.92%), Cholesterol: 72.32mg (24.11%), Sodium: 198.39mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.58%), Vitamin B3: 12.34mg (61.7%), Selenium: 37.06µg (52.94%), Vitamin B6: 0.95mg (47.48%), Phosphorus: 256.76mg (25.68%), Vitamin A: 1251.23IU (25.02%), Vitamin E: 2.92mg (19.49%), Vitamin B5: 1.69mg (16.87%), Potassium: 546.78mg (15.62%), Vitamin C: 10.44mg (12.66%), Vitamin K: 12.41µg (11.82%), Magnesium: 41.03mg (10.26%), Iron: 1.7mg (9.44%), Vitamin B2: 0.16mg (9.38%), Fiber: 1.79g (7.15%), Manganese: 0.13mg (6.64%), Vitamin B1: 0.09mg (6.27%), Zinc: 0.89mg (5.93%), Copper: 0.09mg (4.31%), Vitamin B12: 0.23µg (3.77%), Calcium: 36.17mg (3.62%), Folate: 9.94µg (2.49%)