

Creamy Chicken Breasts

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

READY IN



155 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon ground pepper
- 0.5 cup salad dressing italian-style
- 0.8 cup salad dressing
- 2 chicken breast halves boneless skinless

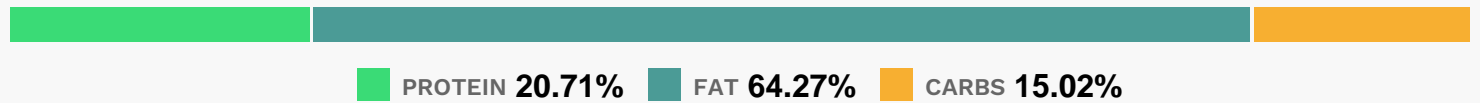
Equipment

- grill

Directions

- In a large glass dish, mix together the creamy salad dressing, Italian-style salad dressing and cayenne pepper.
- Add chicken breasts and toss to coat. Cover and refrigerate. Marinate for 1 to 2 hours.
- Preheat an outdoor grill for high heat, and lightly oil grate.
- Remove chicken breasts from marinade, and grill for 6 to 8 minutes each side, until no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:8.1395652038248%

Nutrients (% of daily need)

Calories: 240.86kcal (12.04%), Fat: 16.97g (26.11%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.9g (3.24%), Sugar: 7.94g (8.82%), Cholesterol: 36.16mg (12.05%), Sodium: 794.79mg (34.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.61%), Vitamin K: 41.29µg (39.32%), Vitamin B3: 5.99mg (29.97%), Selenium: 19.55µg (27.93%), Vitamin B6: 0.47mg (23.59%), Phosphorus: 129.85mg (12.98%), Vitamin E: 1.73mg (11.56%), Vitamin B5: 0.81mg (8.05%), Potassium: 272mg (7.77%), Magnesium: 18.46mg (4.61%), Vitamin B1: 0.05mg (3.4%), Vitamin B2: 0.06mg (3.36%), Zinc: 0.38mg (2.54%), Iron: 0.4mg (2.25%), Vitamin B12: 0.11µg (1.88%), Manganese: 0.03mg (1.62%), Copper: 0.03mg (1.47%), Vitamin A: 69.39IU (1.39%), Calcium: 12.46mg (1.25%), Vitamin C: 1.02mg (1.24%)