



Deborah's Grilled Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup basil fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon garlic salt
- 0.3 cup spring onion chopped
- 0.1 teaspoon pepper black
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil divided
- 0.3 cup parmesan cheese grated

- 3 roma tomatoes chopped (plum)
- 0.5 teaspoon salt
- 6 chicken breast halves boneless skinless

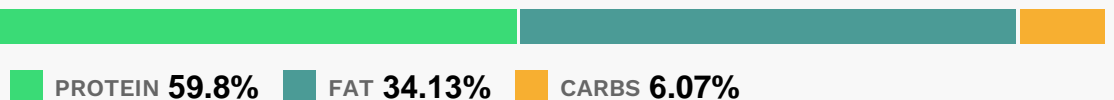
Equipment

- bowl
- grill
- aluminum foil
- meat tenderizer

Directions

- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Place the chicken breast halves between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1/2 inch.
- Brush each chicken breast with olive oil, and sprinkle with a pinch of garlic salt.
- Grill the chicken breasts on the preheated grill until the meat is no longer pink inside and the chicken has good grill marks, 5 to 8 minutes per side. Move chicken to a cooler part of the grill to keep warm.
- While the chicken is cooking, mix together the tomatoes, basil, green onions, garlic, salt, black pepper, and lemon juice in a bowl.
- Place an 8-inch square piece of aluminum foil onto the grill, and move a cooked chicken breast onto the foil. Top the chicken breast with about 1/4 cup of the tomato mixture, and sprinkle the topping with about 2 teaspoons of Parmesan cheese. Repeat for the other pieces of chicken.
- Close the lid on the grill, and grill the chicken breasts until the topping is hot, 2 to 3 more minutes.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:13.982608624127%

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: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 176.51kcal (8.83%), Fat: 6.52g (10.03%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.99g (1.11%), Cholesterol: 75.94mg (25.32%), Sodium: 497.23mg (21.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.42%), Vitamin B3: 12.02mg (60.11%), Selenium: 37.8µg (54%), Vitamin B6: 0.89mg (44.69%), Phosphorus: 275.61mg (27.56%), Vitamin K: 21.16µg (20.15%), Vitamin B5: 1.67mg (16.69%), Potassium: 523.86mg (14.97%), Vitamin C: 8.03mg (9.73%), Vitamin A: 475.68IU (9.51%), Magnesium: 36.84mg (9.21%), Vitamin B2: 0.14mg (8.22%), Zinc: 0.94mg (6.23%), Vitamin B1: 0.09mg (6.04%), Calcium: 54.47mg (5.45%), Manganese: 0.11mg (5.43%), Vitamin E: 0.78mg (5.22%), Vitamin B12: 0.28µg (4.7%), Iron: 0.68mg (3.8%), Folate: 13.98µg (3.5%), Copper: 0.07mg (3.29%), Fiber: 0.55g (2.21%)