



Dilly Chicken Breasts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 1 teaspoon optional: dill
- 1 teaspoon dehydrated onion dried minced
- 0.5 cup juice of lemon
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 16 ounces chicken breast halves boneless skinless

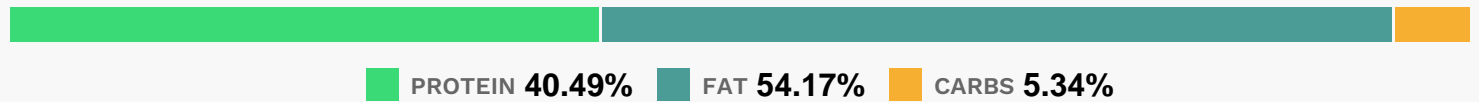
Equipment

- bowl
- grill
- ziploc bags

Directions

- In a small bowl, combine the first six ingredients. Reserve 1/4 cup for basting; cover and set aside.
- Place chicken in a large resealable plastic bag.
- Pour remaining sauce over chicken. Seal and turn to coat. Marinate for 15 minutes.
- Drain; discard marinade. Grill chicken, covered, over medium–low heat, for 5–7 minutes on each side or until juices run clear, basting frequently with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:12.424347931924%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 242.33kcal (12.12%), Fat: 14.53g (22.35%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.98g (1.09%), Sugar: 1.24g (1.38%), Cholesterol: 103.08mg (34.36%), Sodium: 804.74mg (34.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.85%), Vitamin B3: 11.88mg (59.38%), Selenium: 36.53µg (52.18%), Vitamin B6: 0.88mg (44.2%), Phosphorus: 247.93mg (24.79%), Vitamin C: 14.11mg (17.1%), Vitamin B5: 1.69mg (16.9%), Potassium: 476.35mg (13.61%), Magnesium: 32.97mg (8.24%), Vitamin A: 393.23IU (7.86%), Vitamin B2: 0.12mg (7.31%), Vitamin B1: 0.09mg (5.79%), Zinc: 0.71mg (4.75%), Vitamin B12: 0.25µg (4.18%), Vitamin E: 0.59mg (3.96%), Folate: 13.17µg (3.29%), Manganese: 0.06mg (2.78%), Iron: 0.48mg (2.69%), Copper: 0.04mg (2.14%), Calcium: 15.04mg (1.5%), Vitamin K: 1.47µg (1.4%)