



 **18%**
HEALTH SCORE

Easy Grilled Chicken

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

READY IN



20 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper green
- 1 bell pepper red
- 4 chicken breast halves boneless skinless
- 1 cup the dressing fat free italian-style
- 1 zucchini

Equipment

- grill

Directions

- Place washed chicken breasts in large sealable bag.
- Add 1 cup fat-free Italian dressing and close.
- Let marinate for 5 to 10 minutes.
- Cut up peppers into big chunks, and zucchini into big slices. Put into another sealable bag. Coat with leftover dressing.
- Grill chicken and veggies over medium heat.

Nutrition Facts

PROTEIN 25.63% **FAT 55.7%** **CARBS 18.67%**

Properties

Glycemic Index:14.25, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:21.915652047033%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 403.33kcal (20.17%), Fat: 24.79g (38.13%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 17.08g (6.21%), Sugar: 16.44g (18.26%), Cholesterol: 97.94mg (32.65%), Sodium: 668.33mg (29.06%), Alcohol: 0g (100%), Protein: 25.66g (51.33%), Vitamin C: 72.5mg (87.88%), Vitamin B3: 12.48mg (62.4%), Selenium: 39.29µg (56.13%), Vitamin B6: 1.08mg (54.19%), Vitamin K: 47.3µg (45.05%), Phosphorus: 295.86mg (29.59%), Vitamin A: 1212.82IU (24.26%), Potassium: 682.7mg (19.51%), Vitamin B5: 1.92mg (19.16%), Vitamin E: 2.78mg (18.52%), Vitamin B2: 0.23mg (13.36%), Manganese: 0.24mg (12.04%), Magnesium: 46.62mg (11.65%), Vitamin B1: 0.15mg (9.91%), Folate: 35.44µg (8.86%), Zinc: 1.03mg (6.83%), Fiber: 1.62g (6.48%), Iron: 1.03mg (5.75%), Vitamin B12: 0.28µg (4.7%), Copper: 0.09mg (4.62%), Calcium: 24.17mg (2.42%)