



Easy Grilled Chicken Breasts

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons thyme sprigs fresh chopped
- 1 teaspoon lemon zest freshly grated
- 1 teaspoon garlic salt
- 0.5 teaspoon pepper
- 24 oz chicken breast boneless skinless
- 2 teaspoons vegetable oil

Equipment

- bowl

grill

Directions

- Heat gas or charcoal grill. In small bowl, mix thyme, lemon, garlic salt and pepper. Coat both sides of chicken with oil, then rub with thyme mixture.
- Place chicken on grill over medium heat. Cover grill; cook 12 to 17 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F in center).
- Garnish with additional fresh thyme if desired.

Nutrition Facts

PROTEIN 69.65% **FAT 28.95%** **CARBS 1.4%**

Properties

Glycemic Index:19.25, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:16.962608715762%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg

Nutrients (% of daily need)

Calories: 216.68kcal (10.83%), Fat: 6.7g (10.31%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.02g (0.02%), Cholesterol: 108.86mg (36.29%), Sodium: 778.94mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.26g (72.51%), Vitamin B3: 17.78mg (88.91%), Selenium: 54.45µg (77.78%), Vitamin B6: 1.28mg (64.13%), Phosphorus: 359.78mg (35.98%), Vitamin B5: 2.44mg (24.37%), Potassium: 645.78mg (18.45%), Magnesium: 47.94mg (11.99%), Vitamin B2: 0.18mg (10.61%), Vitamin B1: 0.11mg (7.36%), Vitamin C: 5.89mg (7.14%), Zinc: 1.03mg (6.86%), Vitamin B12: 0.34µg (5.67%), Iron: 1.01mg (5.62%), Manganese: 0.09mg (4.66%), Vitamin K: 4.89µg (4.65%), Vitamin E: 0.51mg (3.41%), Copper: 0.06mg (3.06%), Vitamin A: 147.67IU (2.95%), Folate: 7.81µg (1.95%), Calcium: 18.74mg (1.87%), Fiber: 0.4g (1.59%), Vitamin D: 0.17µg (1.13%)