



## Garden Herb Chicken

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



55

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups parsley fresh
- 1 tsp thyme leaves fresh
- 1 clove garlic
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 tsp lemon zest
- 1 lb chicken breasts boneless skinless

### Equipment

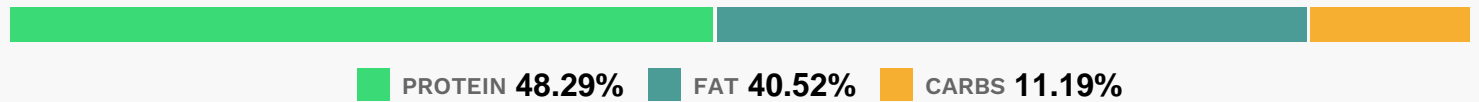
- food processor

grill

## Directions

- Use pulsing action to process first 4 ingredients in food processor just until coarsely chopped.
- Add dressing; pulse just until blended. (Do not overprocess.)
- Pour over chicken in shallow dish; turn to coat both sides of each breast. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade.
- Grill chicken 6 to 8 min. on each side or until done (165F).

## Nutrition Facts



## Properties

Glycemic Index:1.95, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.8408695402677%

## Flavonoids

Apigenin: 4.7mg, Apigenin: 4.7mg, Apigenin: 4.7mg, Apigenin: 4.7mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 15.43kcal (0.77%), Fat: 0.68g (1.05%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.34g (0.13%), Sugar: 0.25g (0.28%), Cholesterol: 5.28mg (1.76%), Sodium: 32.02mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin K: 37µg (35.23%), Vitamin B3: 0.89mg (4.46%), Selenium: 2.69µg (3.85%), Vitamin A: 187.75IU (3.76%), Vitamin C: 3.1mg (3.75%), Vitamin B6: 0.07mg (3.29%), Phosphorus: 19.01mg (1.9%), Potassium: 44.76mg (1.28%), Vitamin B5: 0.13mg (1.27%)