



Garlic Herbed Chicken



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2 teaspoons tarragon dried
- ☐ 6 cloves garlic crushed
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

Equipment

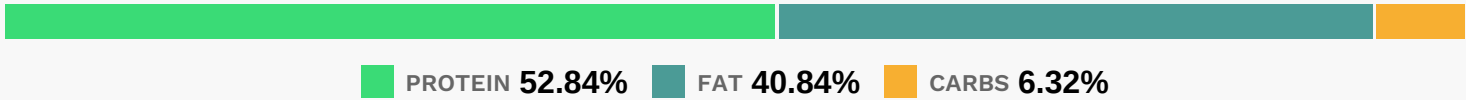
- ☐ bowl

- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ In a small bowl, whisk together garlic, dried tarragon, salt, ground black pepper and olive oil.
- ☐ Place each chicken breast half on a piece of foil large enough to cover the chicken.
- ☐ Brush chicken with the garlic mixture.
- ☐ Tightly seal chicken in the foil. Cook on the prepared grill approximately 40 minutes.
- ☐ Remove from grill. Discard foil and juices.
- ☐ Place unwrapped chicken on the grill.
- ☐ Brushing frequently with remaining garlic mixture and turning often, continue cooking 5 to 10 minutes per side, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:13.016086915265%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 189.98kcal (9.5%), Fat: 8.47g (13.03%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.05g (0.06%), Cholesterol: 72.32mg (24.11%), Sodium: 423.56mg (18.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.32%), Vitamin B3: 11.92mg (59.62%), Selenium: 36.92µg (52.74%), Vitamin B6: 0.93mg (46.53%), Phosphorus: 249.68mg (24.97%), Manganese: 0.36mg (18.2%), Vitamin B5: 1.66mg (16.58%), Potassium: 486.39mg (13.9%), Magnesium: 36.55mg (9.14%), Vitamin B2: 0.13mg (7.88%), Vitamin E: 1.01mg (6.74%), Vitamin K: 6.01µg (5.72%), Vitamin B1: 0.09mg (5.7%), Iron: 1mg (5.53%), Zinc:

0.77mg (5.1%), Vitamin C: 3.26mg (3.95%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.55%), Calcium: 32.06mg (3.21%), Fiber: 0.55g (2.19%), Folate: 7.65µg (1.91%), Vitamin A: 84.51IU (1.69%)