

Garlic Lime Chicken

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds chicken pieces
- ☐ 2 tablespoons olive oil extra virgin bertolli®
- ☐ 1 tablespoon lawry's® garlic salt with parsley
- ☐ 3 limes cut into quarters
- ☐ 1 teaspoon lawry's® seasoned pepper
- ☐ 1 tablespoon lawry's® seasoned salt

Equipment

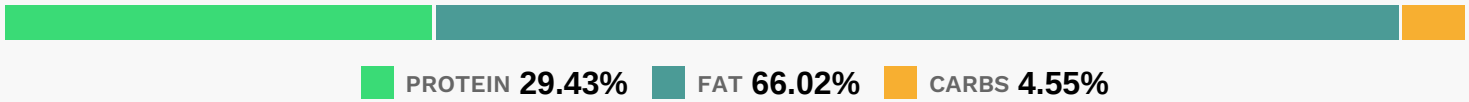
- ☐ bowl

☐ grill

Directions

- ☐ In large bowl, toss chicken with oil, Seasoned Salt and Seasoned Pepper.
- ☐ Place in a Ziploc® bag and keep cold until ready to grill.
- ☐ Place lime quarters in Ziploc® bag and keep cold.
- ☐ Grill chicken on a well-oiled grill over medium direct heat, about 30 minutes, or until chicken is thoroughly cooked, turning frequently. While chicken is cooking, squeeze limes over chicken and sprinkle lightly with Garlic Salt after each turn.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:15.206956624985%

Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 492.68kcal (24.63%), Fat: 36.15g (55.61%), Saturated Fat: 9.29g (58.08%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.06g (1.48%), Sugar: 0.85g (0.95%), Cholesterol: 144.58mg (48.19%), Sodium: 3624.41mg (157.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.26g (72.52%), Vitamin B3: 13.22mg (66.08%), Selenium: 27.99µg (39.99%), Vitamin B6: 0.7mg (34.89%), Phosphorus: 293.22mg (29.32%), Vitamin C: 17.71mg (21.46%), Vitamin B5: 1.87mg (18.7%), Zinc: 2.6mg (17.3%), Vitamin B2: 0.24mg (14.25%), Potassium: 423.04mg (12.09%), Iron: 2.15mg (11.97%), Vitamin E: 1.7mg (11.35%), Magnesium: 42.52mg (10.63%), Vitamin B12: 0.6µg (9.96%), Vitamin B1: 0.13mg (8.75%), Vitamin K: 8.23µg (7.83%), Copper: 0.13mg (6.73%), Fiber: 1.53g (6.13%), Vitamin A: 297.75IU (5.95%), Manganese: 0.11mg (5.67%), Calcium: 42.23mg (4.22%), Folate: 15.67µg (3.92%), Vitamin D: 0.39µg (2.57%)