

## Greek Feta Chicken

 Gluten Free

READY IN



250 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup feta cheese crumbled
- 0.3 cup parsley fresh chopped to taste
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 0.5 teaspoon oregano dried
- 1 cup yogurt plain
- 4 chicken breast halves boneless skinless

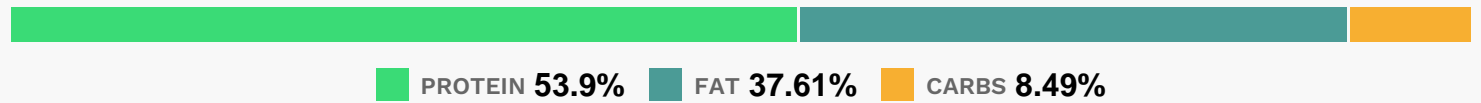
### Equipment

- bowl
- grill
- kitchen thermometer

## Directions

- Mix yogurt, garlic, oregano, and black pepper together in a bowl.
- Add chicken to yogurt marinade, coating all sides. Cover and refrigerate for 4 hours.
- Preheat an outdoor grill for medium–high heat and lightly oil the grate.
- Remove chicken from yogurt marinade; place on preheated grill. Cook for 6 minutes; flip and sprinkle with feta cheese. Cook until chicken is no longer pink in the center and juices run clear, 4 to 6 more minutes. An instant–read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Garnish with fresh parsley.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:18.465217268985%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 220.43kcal (11.02%), Fat: 9g (13.85%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.27g (1.55%), Sugar: 2.91g (3.24%), Cholesterol: 96.97mg (32.32%), Sodium: 375.45mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.04%), Vitamin K: 63.97µg (60.92%), Vitamin B3: 12.09mg (60.45%), Selenium: 40.55µg (57.93%), Vitamin B6: 0.97mg (48.52%), Phosphorus: 363.71mg (36.37%), Vitamin B2: 0.37mg (21.48%), Vitamin B5: 2.06mg (20.58%), Calcium: 184.64mg (18.46%), Potassium: 556.26mg (15.89%), Vitamin B12: 0.77µg (12.83%), Magnesium: 43.43mg (10.86%), Zinc: 1.62mg (10.82%), Vitamin A: 494.63IU (9.89%), Vitamin C: 7.12mg (8.63%), Vitamin B1: 0.13mg (8.38%), Folate: 21.17µg (5.29%), Iron: 0.93mg (5.18%), Manganese: 0.08mg (4.21%), Copper: 0.06mg (2.77%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.25µg (1.66%), Fiber:

0.29g (1.17%)