



Greek Style Garlic Chicken Breast



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 1 cup olive oil extra virgin
- ☐ 2 teaspoons garlic crushed
- ☐ 1 juice of lemon juiced
- ☐ 0.3 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

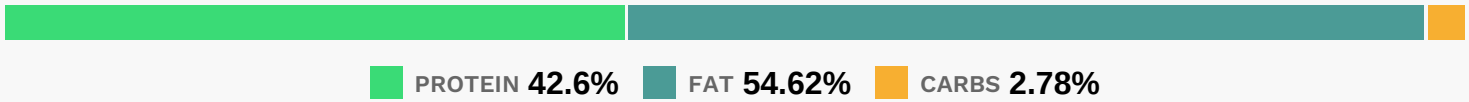
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Cut 3 slits in each chicken breast to allow marinade to penetrate. In a small bowl, whisk together olive oil, lemon juice, garlic, salt, pepper, and paprika for about 30 seconds.
- ☐ Place chicken in a large bowl, and pour marinade over. Using your hands, work marinade into chicken. Cover, and refrigerate overnight.
- ☐ Preheat grill for medium heat, and lightly oil grate.
- ☐ Cook chicken on grill until meat is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:12.295652208121%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 230.53kcal (11.53%), Fat: 13.8g (21.23%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.23g (0.25%), Cholesterol: 72.32mg (24.11%), Sodium: 713.26mg (31.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.43%), Vitamin B3: 11.83mg (59.14%), Selenium: 36.43µg (52.04%), Vitamin B6: 0.87mg (43.71%), Phosphorus: 241.9mg (24.19%), Vitamin B5: 1.64mg (16.44%), Potassium: 445.84mg (12.74%), Vitamin E: 1.84mg (12.26%), Magnesium: 31.8mg (7.95%), Vitamin K: 8.11µg (7.73%), Manganese: 0.14mg (7.14%), Vitamin B2: 0.12mg (7.01%), Vitamin C: 4.73mg (5.73%), Vitamin B1: 0.08mg (5.23%), Zinc: 0.69mg (4.63%), Vitamin B12: 0.23µg (3.77%), Iron: 0.62mg (3.46%), Vitamin A: 120.68IU (2.41%), Copper: 0.05mg (2.39%), Folate: 6.27µg (1.57%), Calcium: 12.99mg (1.3%), Fiber: 0.3g (1.21%)