



## GREY POUPON Grilled Herbed Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



26 min.

SERVINGS



26

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp grey poupon dijon mustard
- 1 env. seasons dressing mix italian good
- 2 lb chicken breasts boneless skinless
- 2 Tbsp water

### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Combine mustard, water and dressing mix in shallow dish.
- Add chicken; turn over to evenly coat both sides.
- Grill chicken 6 to 8 min. on each side or until done (165F).

## Nutrition Facts

**PROTEIN 77.19%** **FAT 21.96%** **CARBS 0.85%**

## Properties

Glycemic Index:1.23, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3447825817958%

## Nutrients (% of daily need)

Calories: 40.59kcal (2.03%), Fat: 0.94g (1.45%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.03g (0.01%), Sugar: 0.02g (0.02%), Cholesterol: 22.33mg (7.44%), Sodium: 56.11mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Vitamin B3: 3.65mg (18.23%), Selenium: 11.56µg (16.51%), Vitamin B6: 0.26mg (13.11%), Phosphorus: 74.52mg (7.45%), Vitamin B5: 0.5mg (5.01%), Potassium: 130.83mg (3.74%), Magnesium: 9.64mg (2.41%), Vitamin B2: 0.04mg (2.1%), Vitamin B1: 0.02mg (1.63%), Zinc: 0.21mg (1.4%), Vitamin B12: 0.07µg (1.16%)