



WHATSheATE



Griddled chicken with lemon & thyme



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast skinless
- ☐ 1 lemon zest grated
- ☐ 2 tbsp olive oil extra virgin extra-virgin for drizzling
- ☐ 2 garlic clove crushed
- ☐ 0.3 tsp thyme dried
- ☐ 4 servings lemon wedges

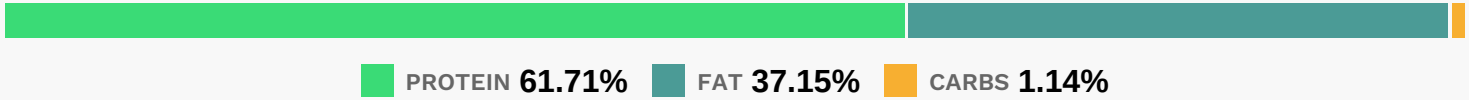
Equipment

- ☐ frying pan

Directions

- ☐ Mix the chicken breasts with the lemon zest, 2 tbsp lemon juice, the olive oil, garlic and thyme.
- ☐ Season, then cook on a heated griddle or on a barbecue for 4–5 mins each side.
- ☐ Serve the chicken with a generous dollop of hummus, a drizzle of olive oil, plus the olives and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:21.213478492654%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 322.99kcal (16.15%), Fat: 12.87g (19.81%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.1g (0.12%), Cholesterol: 144.64mg (48.21%), Sodium: 262.71mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.12g (96.23%), Vitamin B3: 23.59mg (117.97%), Selenium: 72.55µg (103.65%), Vitamin B6: 1.72mg (85.76%), Phosphorus: 477.41mg (47.74%), Vitamin B5: 3.24mg (32.36%), Potassium: 846.78mg (24.19%), Magnesium: 59.63mg (14.91%), Vitamin B2: 0.23mg (13.49%), Vitamin B1: 0.15mg (9.96%), Vitamin E: 1.45mg (9.67%), Zinc: 1.34mg (8.92%), Vitamin B12: 0.45µg (7.53%), Vitamin C: 5.69mg (6.9%), Vitamin K: 6.19µg (5.9%), Iron: 1.03mg (5.71%), Copper: 0.07mg (3.4%), Manganese: 0.07mg (3.31%), Folate: 9.63µg (2.41%), Calcium: 18.01mg (1.8%), Vitamin D: 0.23µg (1.51%), Vitamin A: 72.23IU (1.44%)