



Grilled Caribbean Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons mango chutney
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon oregano fresh minced
- ☐ 0.5 teaspoon pepper sauce hot

☐ 3 chicken breasts boneless skinless

Equipment

☐ bowl

☐ oven

☐ grill

Directions

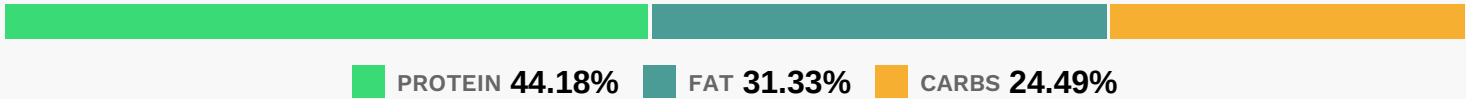
☐ In a nonporous glass dish or bowl combine the orange juice, lime juice, chutney, ginger, oil, pepper sauce, oregano and cloves.

☐ Mix all together and add chicken. Toss to coat, cover dish and place in refrigerator. Marinate overnight.

☐ Preheat grill to medium high heat or set oven to broil

☐ Remove chicken from dish (dispose of remaining marinade) and grill or broil the chicken 6 inches from the heat source.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:3.15, Inflammation Score:-4, Nutrition Score:6.627391372038%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 112.41kcal (5.62%), Fat: 3.85g (5.92%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.48g (2.36%), Sugar: 4.22g (4.69%), Cholesterol: 36.16mg (12.05%), Sodium: 77.07mg (3.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.44%), Vitamin B3: 5.97mg (29.86%), Selenium: 18.39µg (26.27%), Vitamin B6: 0.45mg (22.4%), Phosphorus: 124.66mg (12.47%), Vitamin C: 8.53mg (10.34%), Vitamin B5: 0.84mg (8.43%), Potassium: 252.18mg (7.21%), Magnesium: 17.95mg (4.49%), Vitamin B2: 0.07mg

(4.05%), Vitamin E: 0.53mg (3.54%), Vitamin K: 3.66µg (3.48%), Vitamin B1: 0.05mg (3.38%), Zinc: 0.36mg (2.43%), Manganese: 0.05mg (2.43%), Iron: 0.43mg (2.36%), Folate: 7.51µg (1.88%), Vitamin B12: 0.11µg (1.88%), Copper: 0.03mg (1.73%), Calcium: 13.28mg (1.33%), Fiber: 0.29g (1.16%)