



## Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 teaspoons garlic powder
- ☐ 1 tablespoon kosher salt
- ☐ 1.5 teaspoons onion powder
- ☐ 4 pounds boned frozen thawed ( if )

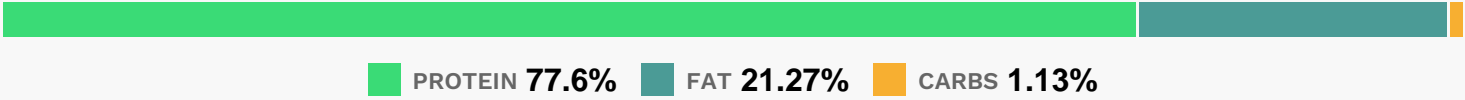
## Equipment

- ☐ baking pan
- ☐ grill

# Directions

- ☐ Rinse chicken breasts; pat dry.
- ☐ Lay chicken in a 12- by 16-inch baking pan.
- ☐ Sprinkle lightly on both sides with kosher salt, onion powder, and garlic powder.
- ☐ Place chicken on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook chicken, turning once, until no longer pink in center of thickest part (cut to test), about 10 minutes total for a 6-ounce breast half. Cool and cut into about 1/2-inch chunks. Cover and chill up to 1 day.

## Nutrition Facts



## Properties

Glycemic Index:0.71, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:22.08999995045%

## Nutrients (% of daily need)

Calories: 299.07kcal (14.95%), Fat: 6.72g (10.34%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.04g (0.05%), Cholesterol: 165.89mg (55.3%), Sodium: 1298mg (56.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.18g (110.36%), Vitamin B3: 27.04mg (135.2%), Selenium: 83.16µg (118.8%), Vitamin B6: 1.96mg (97.75%), Phosphorus: 548.35mg (54.84%), Vitamin B5: 3.7mg (37.01%), Potassium: 971.12mg (27.75%), Magnesium: 68.4mg (17.1%), Vitamin B2: 0.26mg (15.32%), Vitamin B1: 0.17mg (11.38%), Zinc: 1.54mg (10.28%), Vitamin B12: 0.52µg (8.64%), Iron: 1.02mg (5.67%), Vitamin C: 3.22mg (3.9%), Copper: 0.08mg (3.84%), Vitamin E: 0.5mg (3.32%), Folate: 10.94µg (2.74%), Manganese: 0.05mg (2.67%), Vitamin D: 0.26µg (1.73%), Calcium: 15.73mg (1.57%), Vitamin A: 77.76IU (1.56%)