



Grilled Chicken and Herbs

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon rosemary dried
- 1 teaspoon thyme leaves dried
- 1 teaspoon garlic chopped
- 0.5 teaspoon ground pepper black
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 0.5 teaspoon salt
- 4 large chicken breast halves boneless skinless

Equipment

- paper towels
- grill
- kitchen thermometer
- ziploc bags

Directions

- Preheat grill for medium heat and lightly oil the grate.
- Rinse chicken breasts, pat dry with paper towels, and pierce several times with a fork.
- Place chicken breasts into a large resealable plastic bag and pour in olive oil. Seal and shake bag to coat chicken with olive oil; add rosemary, thyme, oregano, garlic, salt, and black pepper to the bag, seal, and shake again to coat chicken with herbs.
- Grill chicken breasts on the preheated grill until the juices run clear and an instant-read meat thermometer inserted into the thickest part of the meat reads at least 160 degrees F (70 degrees C, about 10 minutes per side.

Nutrition Facts

 **PROTEIN 50.78%** **FAT 47.26%** **CARBS 1.96%**

Properties

Glycemic Index:34.25, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:12.092173944349%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.54kcal (9.73%), Fat: 9.98g (15.36%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.03g (0.04%), Cholesterol: 72.32mg (24.11%), Sodium: 422.36mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.27%), Vitamin B3: 11.83mg (59.15%), Selenium: 36.31µg (51.88%), Vitamin B6: 0.86mg (43.17%), Phosphorus: 240.1mg (24.01%), Vitamin B5: 1.62mg (16.23%), Potassium: 433.13mg (12.38%), Vitamin K: 12.26µg (11.67%), Vitamin E: 1.34mg (8.91%), Magnesium: 31.96mg (7.99%),

Vitamin B2: 0.12mg (6.94%), Iron: 1mg (5.54%), Manganese: 0.11mg (5.36%), Vitamin B1: 0.08mg (5.09%), Zinc: 0.7mg (4.65%), Vitamin B12: 0.23µg (3.77%), Calcium: 21.4mg (2.14%), Vitamin C: 1.74mg (2.11%), Copper: 0.04mg (2.09%), Folate: 6.53µg (1.63%), Fiber: 0.39g (1.58%), Vitamin A: 54.12IU (1.08%)