



Grilled Chicken and Veggies with Chimichurri Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 servings chimichurri sauce
- ☐ 1 bell pepper red cut into 2-inch-squares
- ☐ 1 onion red cut into 1/4-inch slices
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 baby squash yellow cut into 1/4-inch slices

Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Coat chicken and vegetables with cooking spray; sprinkle with salt and pepper.
- ☐ Place chicken and vegetables on a grill rack coated with cooking spray. Grill chicken 6 minutes on each side or until done; grill vegetables 3 minutes on each side.
- ☐ Serve chicken with Chimichurri Sauce.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:24.888261167899%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 230.17kcal (11.51%), Fat: 4.71g (7.24%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.8g (5.34%), Cholesterol: 108.86mg (36.29%), Sodium: 504.3mg (21.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.86%), Vitamin B3: 18.54mg (92.72%), Vitamin B6: 1.61mg (80.4%), Selenium: 54.81µg (78.3%), Vitamin C: 58.82mg (71.29%), Phosphorus: 410.55mg (41.05%), Potassium: 992.42mg (28.35%), Vitamin B5: 2.71mg (27.07%), Vitamin A: 1180.42IU (23.61%), Vitamin B2: 0.34mg (20.14%), Magnesium: 67.64mg (16.91%), Manganese: 0.3mg (14.92%), Folate: 54.18µg (13.54%), Vitamin B1: 0.18mg (12.33%), Zinc: 1.4mg (9.3%), Fiber: 2.23g (8.93%), Iron: 1.18mg (6.58%), Vitamin E: 0.92mg (6.13%), Copper: 0.12mg (5.76%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 5.26µg (5.01%), Calcium: 32.9mg (3.29%), Vitamin D: 0.17µg (1.13%)