



Grilled Chicken Breast

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings chow mein noodles
- ☐ 4 servings regular corn
- ☐ 4 servings salsa
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- ☐ 4 servings salsa
- ☐ 0.5 teaspoon salt

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24 ounce chicken breast halves boneless skinless

Equipment

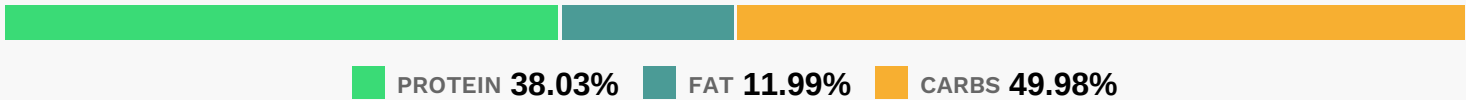
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grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Sprinkle chicken with salt and freshly ground black pepper.
- ☐ Place chicken on grill rack coated with cooking spray. Grill chicken 6 minutes on each side or until done.
- ☐ Serve with desired salsa or relish.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:7.96, Inflammation Score:-7, Nutrition Score:24.8113039421%

Nutrients (% of daily need)

Calories: 505.26kcal (25.26%), Fat: 6.81g (10.48%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 63.86g (21.29%), Net Carbohydrates: 56.67g (20.61%), Sugar: 9.38g (10.42%), Cholesterol: 108.86mg (36.29%), Sodium: 1678.47mg (72.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.6g (97.19%), Vitamin B3: 20.47mg (102.36%), Vitamin B6: 1.61mg (80.34%), Selenium: 55.74µg (79.63%), Phosphorus: 457.65mg (45.77%), Vitamin B5: 3.29mg (32.94%), Potassium: 1129.18mg (32.26%), Fiber: 7.19g (28.74%), Magnesium: 83.67mg (20.92%), Iron: 3.33mg (18.48%), Vitamin A: 868.62IU (17.37%), Manganese: 0.32mg (15.77%), Vitamin B1: 0.23mg (15.03%), Vitamin B2: 0.26mg (15.01%), Vitamin E: 1.96mg (13.04%), Zinc: 1.72mg (11.48%), Vitamin C: 8.71mg (10.56%), Copper: 0.17mg (8.44%), Folate: 29.66µg (7.41%), Vitamin K: 6.23µg (5.93%), Vitamin B12: 0.34µg (5.67%), Calcium: 47.39mg (4.74%), Vitamin D: 0.17µg (1.13%)