



Grilled Chicken Breasts and Linguica

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings salt and coarse pepper
- 1 handful flat parsley chopped
- 1 optional: lemon juiced
- 0.3 cup olive oil extra-virgin
- 1.5 pounds linguica sausages
- 3 tablespoons cooking sherry dry
- 8 pieces chicken breasts boneless skinless

Equipment

- oven
- baking pan
- grill
- grill pan

Directions

- Preheat oven to 375 degrees F. Preheat a grill pan over high heat.
- Season chicken with grill seasoning or salt and pepper.
- Combine lemon, sherry and oil in a shallow dish and turn chicken in the mixture to coat evenly. Score chicken 2 minutes on each side on grill.
- Transfer to a baking dish and set chicken into oven. Roast chicken for 15 minutes.
- Add linguica to hot grill pan and reduce heat to medium high. Grill 10 minutes to crisp casings and remove from heat. Pile chicken on serving plate and top with parsley. Pile linguica along side chicken and serve.

Nutrition Facts

PROTEIN 15.29% **FAT 81.57%** **CARBS 3.14%**

Properties

Glycemic Index:12.56, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:8.8852173867433%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 354.1kcal (17.7%), Fat: 31.78g (48.9%), Saturated Fat: 8.8g (55%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.46g (0.51%), Cholesterol: 61.88mg (20.62%), Sodium: 543.62mg (23.64%), Alcohol: 0.58g (100%), Alcohol %: 0.63% (100%), Protein: 13.41g (26.81%), Vitamin K: 30.09µg (28.66%), Vitamin B3: 4.19mg (20.95%), Vitamin B1: 0.25mg (16.39%), Vitamin B6: 0.31mg (15.41%), Zinc: 1.93mg (12.9%), Phosphorus:

123.8mg (12.38%), Vitamin B12: 0.72µg (12.08%), Vitamin C: 8.67mg (10.51%), Iron: 1.83mg (10.17%), Vitamin E: 1.51mg (10.07%), Manganese: 0.15mg (7.65%), Vitamin D: 1.11µg (7.38%), Potassium: 253.78mg (7.25%), Vitamin B2: 0.11mg (6.62%), Vitamin B5: 0.62mg (6.15%), Magnesium: 18.54mg (4.63%), Copper: 0.08mg (3.96%), Vitamin A: 161.82IU (3.24%), Calcium: 32.42mg (3.24%), Fiber: 0.62g (2.48%), Folate: 5.95µg (1.49%)