



## Grilled Chicken Breasts with Grapefruit Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 chicken breasts bone-in
- ☐ 1 tablespoon cooking oil
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup grapefruit juice (from 1 grapefruit)
- ☐ 1 teaspoon 1 teaspoon grapefruit zest (from about 1/2 grapefruit) (from)
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon salt

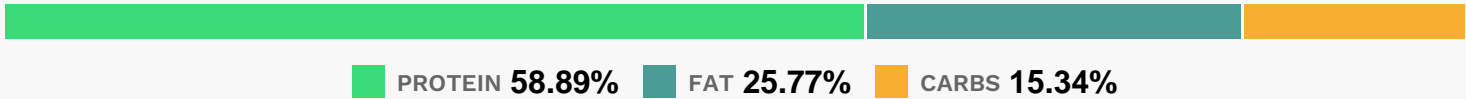
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

# Directions

- ☐ Light the grill. In a small bowl, combine the garlic, grapefruit zest, grapefruit juice, oil, honey, salt, and pepper.
- ☐ Grill the chicken breasts over moderately high heat, brushing frequently with the glaze, for 8 minutes. Turn and cook, brushing with more glaze, until the chicken is just done, 10 to 12 minutes longer.
- ☐ Remove.
- ☐ In a small stainless-steel saucepan, bring the remaining glaze to a boil. Boil for about 1 minute, remove from the heat, and pour over the grilled chicken.
- ☐ Menu Suggestions: Since the chicken breasts don't have a lot of sauce, serve a juicy vegetable such as grilled or sauted summer squash or zucchini alongside.
- ☐ Variation: Grilled Chicken Breasts with Citrus Glaze: Use a combination of citrus juices, such as orange, lemon, or lime, instead of all or part of the grapefruit juice.
- ☐ Wine Recommendation: The crisp acidity, effervescence, and moderate alcohol level of a brut Champagne from France or a sparkling wine from California will be perfect with the smokey taste here and with the high acidity of the grapefruit juice.

# Nutrition Facts



# Properties

Glycemic Index:40.57, Glycemic Load:6.22, Inflammation Score:-4, Nutrition Score:21.475652111613%

# Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 336.85kcal (16.84%), Fat: 9.4g (14.46%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 12.42g (4.52%), Sugar: 11.9g (13.22%), Cholesterol: 144.64mg (48.21%), Sodium: 554.16mg (24.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.3g (96.61%), Vitamin B3: 23.69mg (118.43%), Selenium: 72.63µg (103.75%), Vitamin B6: 1.72mg (85.75%), Phosphorus: 480.82mg (48.08%), Vitamin B5: 3.27mg (32.69%), Potassium: 897.99mg (25.66%), Magnesium: 62.59mg (15.65%), Vitamin C: 11.81mg (14.32%), Vitamin B2: 0.23mg (13.66%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.38mg (9.23%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 1.05mg (6.97%), Iron: 1.04mg (5.79%), Manganese: 0.08mg (4.2%), Copper: 0.07mg (3.58%), Vitamin K: 3.18µg (3.03%), Folate: 9.97µg (2.49%), Calcium: 18.41mg (1.84%), Vitamin D: 0.23µg (1.51%), Vitamin A: 70.93IU (1.42%)