



Grilled Chicken Breasts with Lemon and Thyme



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts bone-in
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1.5 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon red-pepper flakes dried

☐ 0.3 teaspoon salt

Equipment

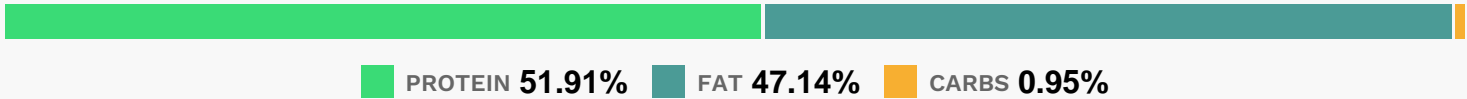
☐ grill

☐ broiler

Directions

- ☐ Light the grill or heat the broiler. In a shallow dish, combine the lemon juice with the thyme, red-pepper flakes, garlic, oil, salt, and black pepper. Coat the chicken with the mixture.
- ☐ Grill the chicken breasts over moderately high heat or broil them for 8 to 10 minutes. Turn and cook until the chicken is just done, about 10 minutes longer.
- ☐ Variations: Try any dried herb you like in place of the thyme. Marjoram, oregano, rosemary, or sage are all good choices.: Use boneless, skinless chicken breasts instead of bone-in breasts. Grill them until just done, about five minutes per side over moderately high heat.: Use a quartered chicken instead of bone-in breasts. Cook the breast sections as directed in Step 2 and allow thirteen minutes per side for the leg quarters.
- ☐ Wine Recommendation: Red pepper can be difficult to pair with wine as it accentuates the bitterness of the alcohol. So, bypass high-alcohol wines and try an herbal, light-bodied sauvignon blanc from Collio.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:21.723912998386%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 380.53kcal (19.03%), Fat: 19.42g (29.87%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.17g (0.19%), Cholesterol: 144.64mg (48.21%), Sodium: 412.12mg (17.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.1g (96.2%), Vitamin B3: 23.62mg (118.08%), Selenium: 72.49µg (103.56%), Vitamin B6: 1.71mg (85.53%), Phosphorus: 477.27mg (47.73%), Vitamin B5: 3.24mg (32.36%), Potassium: 852.21mg (24.35%), Vitamin E: 2.48mg (16.56%), Magnesium: 60.01mg (15%), Vitamin B2: 0.23mg (13.56%), Vitamin B1: 0.15mg (9.9%), Vitamin K: 10.13µg (9.65%), Zinc: 1.34mg (8.93%), Vitamin B12: 0.45µg (7.53%), Vitamin C: 5.16mg (6.25%), Iron: 1.06mg (5.91%), Manganese: 0.07mg (3.63%), Copper: 0.07mg (3.45%), Vitamin A: 145.39IU (2.91%), Folate: 10.45µg (2.61%), Calcium: 15.78mg (1.58%), Vitamin D: 0.23µg (1.51%)