



## Grilled Chicken Breasts with Tomato-Basil Butter



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.8 lb chicken breast boneless skinless
- ☐ 2 teaspoons highest available proof grain spirit
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 3 tablespoons tomato paste

### Equipment

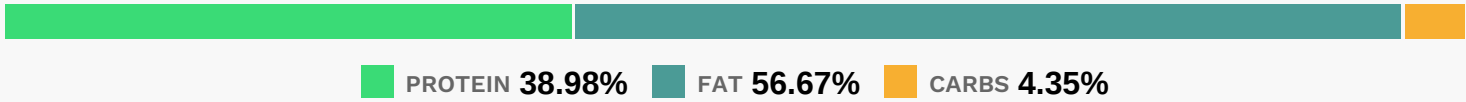
- ☐ bowl

☐ grill

## Directions

- ☐ Brush grill rack with vegetable oil.
- ☐ Heat gas or charcoal grill.
- ☐ Sprinkle chicken with garlic-pepper blend.
- ☐ Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ In small bowl, mix remaining ingredients.
- ☐ Serve chicken topped with butter mixture.

## Nutrition Facts



## Properties

Glycemic Index:16.83, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:15.539130402648%

## Nutrients (% of daily need)

Calories: 300.81kcal (15.04%), Fat: 18.74g (28.83%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.55g (0.93%), Sugar: 1.03g (1.14%), Cholesterol: 84.67mg (28.22%), Sodium: 395.67mg (17.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29g (58%), Vitamin B3: 14.19mg (70.96%), Selenium: 42.83µg (61.18%), Vitamin B6: 1.03mg (51.26%), Phosphorus: 297.76mg (29.78%), Vitamin B5: 1.94mg (19.36%), Potassium: 603.12mg (17.23%), Vitamin A: 843.61IU (16.87%), Vitamin K: 12.64µg (12.04%), Magnesium: 45.97mg (11.49%), Vitamin B2: 0.16mg (9.64%), Vitamin E: 1.27mg (8.44%), Iron: 1.36mg (7.55%), Manganese: 0.13mg (6.56%), Zinc: 0.96mg (6.42%), Vitamin B1: 0.09mg (6.25%), Vitamin B12: 0.28µg (4.73%), Copper: 0.09mg (4.38%), Vitamin C: 3.38mg (4.1%), Calcium: 30.45mg (3.04%), Fiber: 0.68g (2.72%), Folate: 10.07µg (2.52%)