



Grilled Chicken Dijon



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaf flat parsley chopped
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup tangy mustard hot
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 6 servings orange wedges
- ☐ 0.3 cup orange juice freshly squeezed

- ☐ 0.5 teaspoon orange zest shredded finely
- ☐ 6 servings salt and pepper
- ☐ 3 tablespoons rosemary thyme mustard seeded ("whole grain")
- ☐ 2 tablespoons worcestershire
- ☐ 4 boned

Equipment

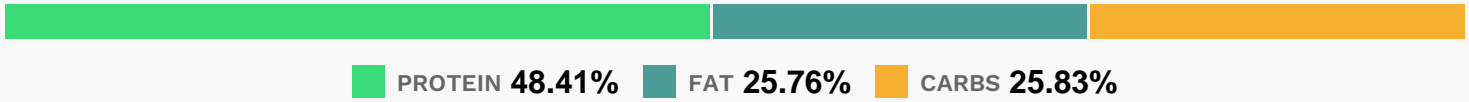
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ spatula
- ☐ skewers
- ☐ meat tenderizer

Directions

- ☐ Remove the tender (the small, easily separable strip) from underside of each chicken breast.
- ☐ Cut breasts into 1/2-in.-wide strips diagonally across the grain, and cut each tender in half lengthwise.
- ☐ Bring mustards, oil, garlic, zest, orange and lemon juices, Worcestershire, and honey to a boil in a 2-qt. saucepan over medium-high heat. Reduce heat to medium-low and simmer, whisking constantly, 1 minute or until thickened slightly.
- ☐ Remove from heat and season with salt and pepper.
- ☐ Let cool 10 minutes.
- ☐ Working in batches, place several chicken strips between 2 large pieces of waxed paper and gently pound with a meat mallet to flatten chicken into pieces about 1/8 in. thick. Put strips in a bowl.
- ☐ Pour mustard mixture over chicken and gently stir with a rubber spatula to coat. Chill, covered, at least 2 hours and up to overnight.

- ☐ Heat grill to high (about 50
- ☐ and wipe cooking grate with a thick pad of oiled paper towels. Thread chicken onto skewers so that they lie more or less flat. Grill chicken, covered if using gas, 2 minutes. Turn over and grill 2 minutes more, or until cooked through (cut to test).
- ☐ Serve skewers on a platter, sprinkled with parsley.
- ☐ Add orange wedges for squeezing.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:5.99, Inflammation Score:-10, Nutrition Score:22.265652158986%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 14.08mg, Naringenin: 14.08mg, Naringenin: 14.08mg, Naringenin: 14.08mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 278.07kcal (13.9%), Fat: 7.96g (12.25%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 14.77g (5.37%), Sugar: 13.01g (14.46%), Cholesterol: 96.43mg (32.14%), Sodium: 557.39mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.34%), Vitamin B3: 16.19mg (80.97%), Vitamin C: 64.11mg (77.7%), Selenium: 52.48µg (74.97%), Vitamin B6: 1.23mg (61.41%), Phosphorus: 352.04mg (35.2%), Vitamin B5: 2.46mg (24.56%), Potassium: 837.58mg (23.93%), Magnesium: 61.5mg (15.37%), Vitamin B1: 0.21mg (14.26%), Vitamin B2: 0.22mg (13.21%), Fiber: 3.19g (12.77%), Iron: 1.82mg (10.12%), Folate: 40.3µg (10.07%), Vitamin A: 461.67IU (9.23%), Manganese: 0.18mg (8.96%), Calcium: 75.32mg (7.53%), Zinc: 1.11mg (7.42%), Vitamin E: 1.01mg (6.72%), Copper: 0.13mg (6.56%), Vitamin K: 5.39µg (5.13%), Vitamin B12: 0.3µg (5.02%)