



Grilled Chicken with Basil Dressing



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup lightly basil leaves fresh packed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons fennel seeds crushed
- ☐ 1 large clove garlic
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 1.5 teaspoons salt

☐ 6 chicken breasts boneless skinless

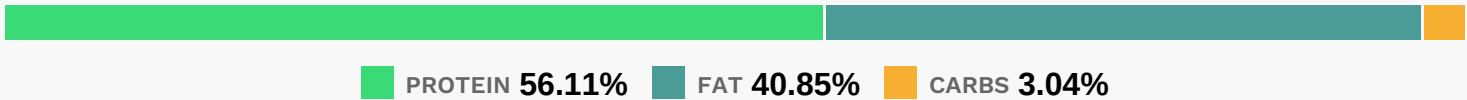
Equipment

- ☐ whisk
- ☐ blender
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Whisk 1/3 cup of oil, 3 tablespoons of lemon juice, fennel seeds, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a heavy-duty re-sealable plastic bag.
- ☐ Add the chicken and seal the bag. Massage the marinade into the chicken. Refrigerate at least 30 minutes and up to 1 day, turning the chicken occasionally.
- ☐ Meanwhile, blend the basil, garlic, lemon zest, remaining 1/4 cup lemon juice, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a blender until smooth. Gradually blend in the remaining 1/3 cup oil. Season the basil sauce, to taste, with more salt and pepper, if desired.
- ☐ Prepare the barbecue for medium-high heat or preheat a grill pan over medium-high heat. Grill the chicken until just cooked through, about 5 minutes per side.
- ☐ Transfer the chicken to plates.
- ☐ Drizzle the basil sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:12.896521780802%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 177.29kcal (8.86%), Fat: 7.86g (12.09%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.22g (0.25%), Cholesterol: 72.32mg (24.11%), Sodium: 713.39mg (31.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.59%), Vitamin B3: 11.87mg (59.34%), Selenium: 36.27µg (51.82%), Vitamin B6: 0.87mg (43.31%), Phosphorus: 243.91mg (24.39%), Vitamin K: 20.27µg (19.3%), Vitamin B5: 1.64mg (16.37%), Potassium: 453.23mg (12.95%), Magnesium: 35.08mg (8.77%), Manganese: 0.15mg (7.44%), Vitamin B2: 0.12mg (7.08%), Vitamin C: 5.67mg (6.87%), Vitamin E: 0.95mg (6.36%), Vitamin B1: 0.08mg (5.27%), Vitamin A: 248.06IU (4.96%), Zinc: 0.72mg (4.81%), Iron: 0.72mg (3.99%), Vitamin B12: 0.23µg (3.77%), Copper: 0.06mg (2.96%), Calcium: 22.4mg (2.24%), Folate: 8.85µg (2.21%), Fiber: 0.42g (1.66%)