



Grilled Chicken with Basting Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup butter
- ☐ 8 chicken breast halves bone-in
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 tablespoons red wine vinegar

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons worcestershire sauce

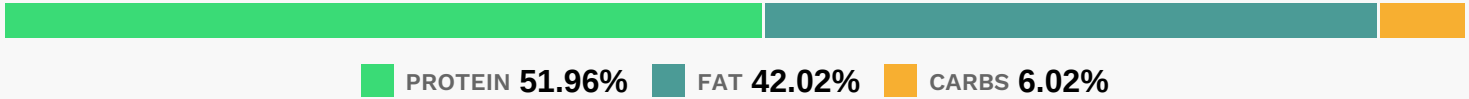
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Cook first 8 ingredients in a saucepan over medium-low heat, stirring occasionally, until butter melts; set aside.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 45 minutes or until done, turning occasionally and basting with sauce the last 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:11.438695667878%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 191.33kcal (9.57%), Fat: 8.67g (13.34%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.68g (0.97%), Sugar: 1.96g (2.18%), Cholesterol: 72.32mg (24.11%), Sodium: 546.4mg (23.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.25%), Vitamin B3: 11.84mg (59.19%), Selenium: 36.28µg (51.83%), Vitamin B6: 0.86mg (42.77%), Phosphorus: 243.2mg (24.32%), Vitamin B5: 1.62mg (16.24%), Potassium: 464.86mg (13.28%), Magnesium: 31.07mg (7.77%), Vitamin B2: 0.12mg (7.27%), Vitamin A: 329.52IU (6.59%), Vitamin B1: 0.08mg (5.17%), Zinc: 0.68mg (4.52%), Iron: 0.72mg (3.98%), Vitamin B12: 0.23µg (3.88%),

Vitamin E: 0.49mg (3.27%), Manganese: 0.06mg (2.99%), Vitamin C: 2.42mg (2.94%), Copper: 0.05mg (2.28%), Calcium: 15mg (1.5%), Folate: 5.21µg (1.3%)