



Grilled Chicken with Italian Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped

- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon orange juice concentrate thawed
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2.3 cups tomatoes chopped (2 medium)

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare salsa, combine the first 7 ingredients in a medium bowl. Cover and chill 1 hour.
- ☐ To prepare chicken, preheat grill.
- ☐ Combine oregano and next 10 ingredients (through 1/4 teaspoon salt) in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate chicken in refrigerator 1 hour, turning occasionally.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until chicken is done.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:105.25, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:22.853478654571%

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: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 263.97kcal (13.2%), Fat: 8.32g (12.8%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 6.41g (2.33%), Sugar: 4.91g (5.45%), Cholesterol: 108.86mg (36.29%), Sodium: 682.01mg (29.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.51g (75.03%), Vitamin B3: 18.41mg (92.04%), Selenium: 55.96µg (79.94%), Vitamin B6: 1.39mg (69.37%), Phosphorus: 392.41mg (39.24%), Vitamin K: 30.39µg (28.95%), Vitamin C: 22.93mg (27.79%), Potassium: 911.77mg (26.05%), Vitamin B5: 2.57mg (25.7%), Vitamin A: 962.62IU (19.25%), Magnesium: 64.79mg (16.2%), Manganese: 0.31mg (15.55%), Vitamin B2: 0.21mg (12.23%), Vitamin B1: 0.17mg (11.01%), Vitamin E: 1.59mg (10.57%), Iron: 1.68mg (9.36%), Zinc: 1.25mg (8.36%), Fiber: 1.98g (7.93%), Folate: 29.42µg (7.35%), Copper: 0.13mg (6.66%), Vitamin B12: 0.34µg (5.67%), Calcium: 52.77mg (5.28%), Vitamin D: 0.17µg (1.13%)