



Grilled Chicken with Lemon and Oregano

 Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



8

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon lemon zest grated
- 0.3 cup juice of lemon freshly squeezed (from 2 lemons)
- 0.3 cup oregano dried fresh finely chopped (or 1 tablespoon)
- 2 tablespoons olive oil plus more for grates
- 1 serving coarse mustard
- 6 pounds chicken breast halves whole split
- 4 optional: lemon halved

Equipment

- bowl
- paper towels
- whisk
- grill
- kitchen thermometer
- aluminum foil
- ziploc bags
- cutting board

Directions

- Make marinade: In a small bowl, whisk together lemon zest and juice, oregano, oil, 2 teaspoons coarse salt, and 1 teaspoon pepper. Divide marinade between 2 large resealable plastic bags.
- Place 2 chicken halves in each bag; shake to coat.
- Let marinate at room temperature 30 minutes, turning bags occasionally.
- Preheat grill to medium; lightly oil grates.
- Remove chicken from marinade, and pat dry with paper towels.
- Place chicken, skin side up, on grill. Cover and cook, until lightly browned and cooked through, about 20 minutes. Turn chicken over; cover and cook until well browned, 10 to 15 minutes (an instant-read thermometer should register 175 degrees when inserted into thickest part of meat, avoiding bone). If chicken is browning too quickly, move to cooler parts of grill or turn grill to low heat.
- Transfer chicken to a cutting board. Tent with foil; let rest 10 minutes. Meanwhile, place lemon halves on grill, cut side down; cook until slightly charred, 8 to 10 minutes.
- Cut chicken pieces in half; serve with grilled lemon halves, and, if desired, garnish with oregano sprigs.

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:29.037826175275%

Flavonoids

Eriodictyol: 12.03mg, Eriodictyol: 12.03mg, Eriodictyol: 12.03mg, Eriodictyol: 12.03mg Hesperetin: 16.54mg, Hesperetin: 16.54mg, Hesperetin: 16.54mg, Hesperetin: 16.54mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 441.37kcal (22.07%), Fat: 12.59g (19.36%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 4.63g (1.69%), Sugar: 1.71g (1.9%), Cholesterol: 217.72mg (72.57%), Sodium: 403.17mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.03g (146.05%), Vitamin B3: 35.62mg (178.11%), Selenium: 109.37µg (156.25%), Vitamin B6: 2.61mg (130.67%), Phosphorus: 726.85mg (72.68%), Vitamin B5: 4.98mg (49.82%), Vitamin C: 37.64mg (45.63%), Potassium: 1364.78mg (38.99%), Magnesium: 97.84mg (24.46%), Vitamin B2: 0.36mg (21.26%), Vitamin B1: 0.25mg (16.4%), Zinc: 2.06mg (13.71%), Iron: 2.18mg (12.1%), Vitamin K: 12.12µg (11.55%), Vitamin B12: 0.68µg (11.34%), Vitamin E: 1.52mg (10.16%), Fiber: 2.29g (9.15%), Manganese: 0.15mg (7.3%), Folate: 25.28µg (6.32%), Copper: 0.12mg (6.21%), Calcium: 57.05mg (5.7%), Vitamin A: 140.88IU (2.82%), Vitamin D: 0.34µg (2.27%)