



## Grilled Chicken with Mango-Riesling Marinade



Gluten Free



Dairy Free

READY IN



330 min.

SERVINGS



8

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon cilantro leaves dried
- ☐ 3 cloves garlic
- ☐ 0.3 teaspoon ground thyme dried
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 mangos cubed peeled seeded
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon oregano dried

- ☐ 6 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup water
- ☐ 0.5 cup riesling wine dry

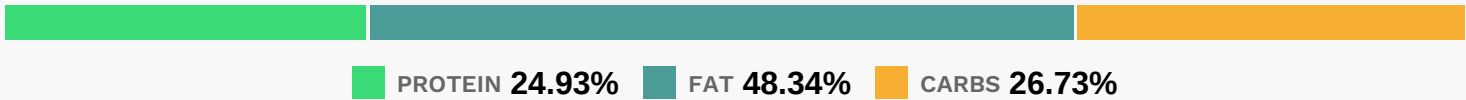
## Equipment

- ☐ blender
- ☐ grill
- ☐ ziploc bags

## Directions

- ☐ Place mango, garlic, water, lemon juice, olive oil, and Riesling into a blender. Season with thyme, oregano, cilantro, and onion powder. Blend until smooth.
- ☐ Pour 2/3 of the marinade into a resealable plastic bag.
- ☐ Add the chicken breasts, seal, and mix until chicken is coated.
- ☐ Place in the refrigerator to marinate 5 to 6 hours. Store the remaining marinade in a sealed container.
- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Remove chicken breasts from marinade, shake off excess, and discard remaining marinade. Grill chicken until no longer pink in the center, about 10 minutes per side.
- ☐ Brush chicken with the reserved marinade during the final 5 minutes of cooking.

## Nutrition Facts



## Properties

Glycemic Index:10.84, Glycemic Load:1.9, Inflammation Score:-4, Nutrition Score:4.0747826468685%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg,

Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.68kcal (4.28%), Fat: 4.17g (6.41%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.69g (1.71%), Sugar: 3.66g (4.06%), Cholesterol: 13.61mg (4.54%), Sodium: 25.8mg (1.12%), Alcohol: 1.42g (100%), Alcohol %: 2.24% (100%), Protein: 4.84g (9.67%), Vitamin C: 11.53mg (13.97%), Vitamin B3: 2.41mg (12.04%), Vitamin B6: 0.21mg (10.35%), Selenium: 7.14µg (10.2%), Vitamin A: 289.11IU (5.78%), Vitamin E: 0.8mg (5.32%), Phosphorus: 50.67mg (5.07%), Vitamin K: 4.22µg (4.02%), Potassium: 132.35mg (3.78%), Vitamin B5: 0.37mg (3.67%), Folate: 13.04µg (3.26%), Manganese: 0.05mg (2.27%), Magnesium: 9.05mg (2.26%), Copper: 0.04mg (2.05%), Fiber: 0.5g (1.99%), Vitamin B2: 0.03mg (1.97%), Vitamin B1: 0.02mg (1.64%), Iron: 0.23mg (1.26%), Zinc: 0.17mg (1.13%)