



Grilled Chicken with Mint and Pine Nut Gremolata



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 teaspoons olive oil extra virgin extra-virgin

- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons pinenuts toasted
- ☐ 24 ounce chicken breast halves boneless skinless

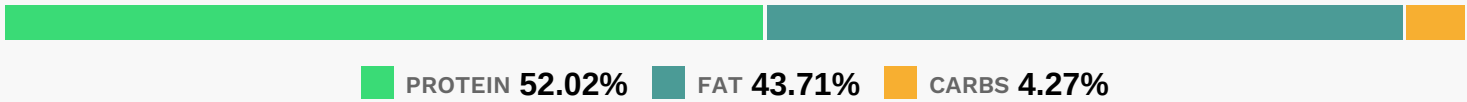
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare gremolata, place mint, pine nuts, rind, and garlic in a mini chopper; process just until combined.
- ☐ Add 4 teaspoons olive oil and 1/4 teaspoon salt; process to combine. Set aside.
- ☐ To prepare chicken, heat a large grill pan over medium-high heat.
- ☐ Brush 2 teaspoons olive oil evenly over chicken; sprinkle chicken evenly with 1/2 teaspoon salt and pepper.
- ☐ Add chicken to pan; cook 5 minutes on each side or until done.
- ☐ Remove chicken from pan; let stand 5 minutes.
- ☐ Serve gremolata with chicken.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:20.675217001334%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 291.49kcal (14.57%), Fat: 13.95g (21.46%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.24g (0.26%), Cholesterol: 108.86mg (36.29%), Sodium: 637.39mg (27.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.68%), Vitamin B3: 18.17mg (90.84%), Selenium: 54.69µg (78.13%), Vitamin B6: 1.31mg (65.7%), Phosphorus: 396.78mg (39.68%), Manganese: 0.64mg (32%), Vitamin B5: 2.49mg (24.91%), Potassium: 732.65mg (20.93%), Magnesium: 66.53mg (16.63%), Vitamin B2: 0.21mg (12.59%), Vitamin E: 1.66mg (11.06%), Vitamin A: 531.7IU (10.63%), Zinc: 1.46mg (9.71%), Vitamin B1: 0.14mg (9.33%), Vitamin C: 7.42mg (8.99%), Iron: 1.56mg (8.67%), Copper: 0.16mg (7.82%), Vitamin K: 6.88µg (6.55%), Vitamin B12: 0.34µg (5.67%), Folate: 21.53µg (5.38%), Fiber: 1.25g (5.02%), Calcium: 41.58mg (4.16%), Vitamin D: 0.17µg (1.13%)