



Grilled Chicken with Mint, Orange, and Chile Chutney



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings mint leaves



2 teaspoons olive oil



1.5 lb chicken breast halves boneless skinless

Equipment



grill

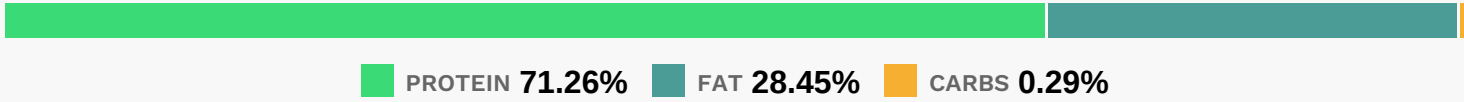


cutting board

Directions

- ☐ Prepare grill for cooking.
- ☐ Pat chicken dry, then brush with oil and season with salt and pepper.
- ☐ Grill on a rack set 5 to 6 inches over glowing coals until just cooked through, about 4 minutes on each side.
- ☐ Transfer to a cutting board and let stand, covered, 5 minutes.
- ☐ Dip each chicken breast into chutney to coat and serve with remaining chutney.
- ☐ Each serving, including chutney, about 233 calories and 5 grams fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.197391502235%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 212.29kcal (10.61%), Fat: 6.41g (9.87%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0g (0%), Cholesterol: 108.86mg (36.29%), Sodium: 197.66mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.15g (72.3%), Vitamin B3: 17.76mg (88.79%), Selenium: 54.43µg (77.76%), Vitamin B6: 1.28mg (63.77%), Phosphorus: 357.93mg (35.79%), Vitamin B5: 2.43mg (24.27%), Potassium: 635.07mg (18.14%), Magnesium: 45.03mg (11.26%), Vitamin B2: 0.17mg (10.16%), Vitamin B1: 0.11mg (7.31%), Zinc: 1mg (6.65%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.61mg (4.07%), Iron: 0.69mg (3.84%), Vitamin C: 2.36mg (2.86%), Copper: 0.05mg (2.46%), Folate: 7.94µg (1.99%), Vitamin A: 93.51IU (1.87%), Manganese: 0.04mg (1.86%), Vitamin K: 1.54µg (1.47%), Vitamin D: 0.17µg (1.13%), Calcium: 10.95mg (1.1%)