



Grilled Chicken with Rustic Mustard Cream



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 3 tablespoons mayonnaise light
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon water
- ☐ 1 tablespoon dijon mustard divided

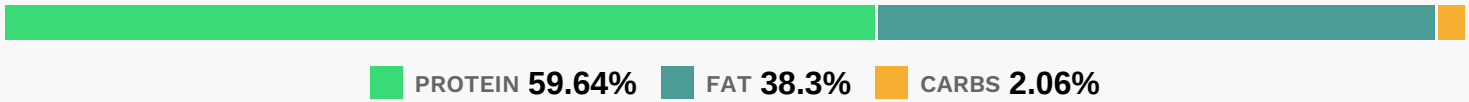
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine 1 teaspoon mustard, oil, and next 3 ingredients in a small bowl; brush evenly over chicken.
- ☐ Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until done.
- ☐ While chicken grills, combine 1 tablespoon mustard, mayonnaise, and 1 tablespoon water in a bowl.
- ☐ Serve mustard cream with grilled chicken.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:16.839565414449%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 252.47kcal (12.62%), Fat: 10.37g (15.95%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.43g (0.48%), Cholesterol: 110.54mg (36.85%), Sodium: 471.03mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.65%), Vitamin B3: 17.76mg (88.82%), Selenium: 55.99µg (79.98%), Vitamin B6: 1.28mg (63.86%), Phosphorus: 363.04mg (36.3%), Vitamin B5: 2.44mg (24.43%), Potassium: 640.13mg (18.29%), Magnesium: 46.51mg (11.63%), Vitamin B2: 0.17mg (10.17%), Vitamin K: 8.35µg (7.95%), Vitamin B1: 0.12mg (7.8%), Vitamin E: 1.07mg (7.14%), Zinc: 1.02mg (6.8%), Vitamin B12: 0.34µg (5.67%), Iron: 0.74mg (4.1%), Manganese: 0.06mg (2.92%), Copper: 0.05mg (2.66%), Vitamin C: 2.06mg (2.5%), Folate: 7.53µg (1.88%), Vitamin A: 62.46IU (1.25%), Calcium: 12.37mg (1.24%), Vitamin D: 0.17µg (1.13%)