



Grilled Chile-Lime Chicken

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 clove garlic finely chopped
- 1 small jalapeno seeded finely chopped
- 0.3 cup juice of lime
- 2 teaspoons lime zest grated
- 0.5 teaspoon salt
- 1.3 lb chicken breast boneless skinless
- 0.5 teaspoon sugar

0.3 cup vegetable oil

Equipment

- plastic wrap
- grill
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- To make marinade, in shallow glass or plastic dish, or resealable food-storage plastic bag, mix all ingredients except chicken.
- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- Add chicken to marinade; turn to coat. Cover dish or seal bag; refrigerate at least 30 minutes but no longer than 24 hours.
- Heat coals or gas grill for direct heat.
- Remove chicken from marinade; discard marinade. Cover and grill chicken over medium heat 8 to 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170F).

Nutrition Facts

 **PROTEIN 42.25%** **FAT 54.46%** **CARBS 3.29%**

Properties

Glycemic Index:49.02, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:15.639130670091%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 290.22kcal (14.51%), Fat: 17.33g (26.66%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.93g (1.03%), Cholesterol: 90.72mg (30.24%), Sodium: 455.76mg (19.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.25g (60.49%), Vitamin B3: 14.86mg (74.3%), Selenium: 45.5µg (65.01%), Vitamin B6: 1.09mg (54.61%), Phosphorus: 302.12mg (30.21%), Vitamin K: 26.72µg (25.44%), Vitamin B5: 2.06mg (20.57%), Potassium: 555.98mg (15.89%), Vitamin C: 10.97mg (13.3%), Vitamin E: 1.55mg (10.33%), Magnesium: 38.9mg (9.72%), Vitamin B2: 0.15mg (8.7%), Vitamin B1: 0.1mg (6.52%), Zinc: 0.85mg (5.67%), Vitamin B12: 0.28µg (4.72%), Iron: 0.57mg (3.19%), Copper: 0.05mg (2.38%), Folate: 8.35µg (2.09%), Manganese: 0.04mg (2.08%), Vitamin A: 101.88IU (2.04%), Calcium: 11.63mg (1.16%)