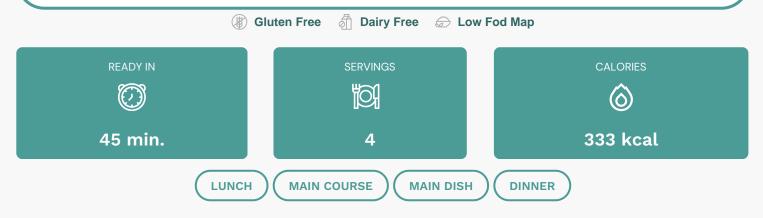


Grilled Cilantro Lime Chicken



Ingredients

2 pounds chicken breast boneless skinless
2 tablespoons olive oil extra virgin plus more for grilling for the marinade,
2 lime zest grated
0.3 juice of lime
3 tablespoons cilantro leaves chopped
0.5 teaspoon sugar
0.5 teaspoon salt
0.3 teaspoon pepper black

Ш	I sprigs lime wedges fresh	
Equipment		
	bowl	
	paper towels	
	plastic wrap	
	grill	
	wax paper	
	rolling pin	
	tongs	
	meat tenderizer	
Directions		
	Pound chicken breasts to even thickness:	
	Place the chicken breasts between two piece of plastic wrap or wax paper and pound to an even thickness with a meat mallet or rolling pin.	
	Mix the olive oil, lime zest, lime juice, cilantro, sugar, salt, and pepper together in a large bowl.	
	Add the chicken and massage the marinade into the chicken. Cover and chill for at least 30 minutes, and up to 4 hours or overnight.	
	Preheat Grill: Preheat a gas or charcoal grill for medium-high heat grilling, or until you can hold your hand about an inch over the grates for 1 second.	
	Remove the chicken breasts from the refrigerator.	
	Remove them from the marinade and pat them dry with paper towels. Coat the chicken breasts with some olive oil.	
	Soak a paper towel in a little more oil and use tongs to wipe the grill grates.	
	When the grill is hot, place the chicken breasts on the grill. Grill for a few minutes on each side, until just cooked through.	

Nutrition Facts

Properties

Glycemic Index:49.52, Glycemic Load:1.2, Inflammation Score:-4, Nutrition Score:22.023912958477%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 14.68mg, Hesperetin: 14.68mg, Hesperetin: 14.68mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 0.01mg, Apigenin: 0.01mg, Ap

Nutrients (% of daily need)

Calories: 333.33kcal (16.67%), Fat: 12.95g (19.92%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.1g (1.23%), Cholesterol: 145.15mg (48.38%), Sodium: 554.79mg (24.12%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 48.41g (96.82%), Vitamin B3: 23.73mg (118.65%), Selenium: 72.72μg (103.89%), Vitamin B6: 1.71mg (85.74%), Phosphorus: 482.95mg (48.3%), Vitamin B5: 3.31mg (33.11%), Potassium: 879.13mg (25.12%), Vitamin C: 13.19mg (15.98%), Magnesium: 61.44mg (15.36%), Vitamin B2: 0.23mg (13.8%), Vitamin B1: 0.16mg (10.41%), Vitamin E: 1.53mg (10.17%), Zinc: 1.36mg (9.05%), Vitamin B12: 0.45μg (7.56%), Iron: 1.1mg (6.13%), Vitamin K: 6.02μg (5.73%), Copper: 0.09mg (4.31%), Fiber: 0.99g (3.97%), Folate: 12.17μg (3.04%), Manganese: 0.05mg (2.75%), Calcium: 23.75mg (2.37%), Vitamin A: 106.78IU (2.14%), Vitamin D: 0.23μg (1.51%)