

Grilled Cilantro Lime Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

- 1 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



■ PROTEIN 59.15% ■ FAT 35.6% ■ CARBS 5.25%

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, Hesperetin: 14.68mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

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: 0g (100%), Alcohol %: 0% (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%)