



Grilled Citrus Chicken

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

READY IN



155 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic finely chopped
- 0.3 cup juice of lemon
- 0.5 cup orange juice concentrate frozen thawed ()
- 2 tablespoons orange zest grated
- 0.5 teaspoon salt
- 1.8 lb chicken breast boneless skinless
- 0.3 cup vegetable oil

Equipment

- grill
- ziploc bags

Directions

- In shallow glass or plastic dish or resealable food-storage plastic bag, mix all ingredients except chicken.
- Add chicken; turn to coat with marinade. Cover dish or seal bag; refrigerate, turning chicken occasionally, at least 2 hours but no longer than 24 hours.
- Heat gas or charcoal grill.
- Remove chicken from marinade; reserve marinade.
- Place chicken on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning chicken and brushing with marinade occasionally, until juice of chicken is clear when center of thickest part is cut (170F).
- Heat remaining marinade to boiling; boil and stir 1 minute.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:17.083043466444%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 271.06kcal (13.55%), Fat: 12.6g (19.38%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.21g (3.35%), Sugar: 7.29g (8.1%), Cholesterol: 84.67mg (28.22%), Sodium: 349.16mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Vitamin B3: 14.09mg (70.44%), Selenium: 42.53µg (60.76%), Vitamin B6: 1.07mg (53.34%), Vitamin C: 42.71mg (51.78%), Phosphorus: 294.26mg (29.43%), Vitamin B5: 2.04mg (20.44%), Potassium: 655.12mg (18.72%), Vitamin K: 17.07µg (16.26%), Magnesium: 43.86mg

(10.97%), Vitamin B2: 0.18mg (10.45%), Vitamin B1: 0.16mg (10.37%), Vitamin E: 1.16mg (7.71%), Folate: 26.16µg (6.54%), Zinc: 0.82mg (5.48%), Vitamin B12: 0.26µg (4.41%), Iron: 0.6mg (3.35%), Vitamin A: 138.44IU (2.77%), Copper: 0.05mg (2.74%), Manganese: 0.04mg (2.06%), Calcium: 20.46mg (2.05%), Fiber: 0.49g (1.96%)