



Grilled Garlicky Chicken Breasts

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 env. seasons garlic & herb dressing mix good
- 0.3 cup parmesan cheese grated kraft
- 1.5 lb chicken breasts boneless skinless

Equipment

- grill

Directions

- Heat grill to medium heat.
- Mix dry dressing mix and cheese in shallow dish.
- Moisten chicken with water, then dip in dressing mixture, turning to evenly coat both sides of each piece.
- Grill 6 to 8 min. on each side or until done (165F).

Nutrition Facts

PROTEIN 71.93% **FAT 26.27%** **CARBS 1.8%**

Properties

Glycemic Index:0.2, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7191304340959%

Nutrients (% of daily need)

Calories: 35.34kcal (1.77%), Fat: 0.99g (1.52%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0g (0%), Cholesterol: 18.29mg (6.1%), Sodium: 49.08mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.15%), Vitamin B3: 2.84mg (14.21%), Selenium: 9.06µg (12.94%), Vitamin B6: 0.21mg (10.25%), Phosphorus: 63.55mg (6.36%), Vitamin B5: 0.39mg (3.91%), Potassium: 103.04mg (2.94%), Magnesium: 7.53mg (1.88%), Vitamin B2: 0.03mg (1.82%), Zinc: 0.2mg (1.35%), Vitamin B1: 0.02mg (1.18%), Vitamin B12: 0.07µg (1.13%), Calcium: 10.84mg (1.08%)